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Young girl attacked by cougar

SQUAMISH A young girl was taken to hospital last night after being attacked by a cougar in Squamish.

A medical helicopter was initially sent for her, but that was cancelled when it was determined her injuries were less serious. The girl, who is believed to be about three years old, was then transported by ambulance to Squamish General Hospital as conservation officers began a hunt for the animal.

The cougar will be killed when found.

On Saturday, a young female cougar was caught and euthanized near the location where a leashed dog was attacked.

According to conservation officer Terry Myroniuk there have been about 30 cougar sightings reported by hikers near the Stawamus Chief this month, up from two the same time last year.

METRO VANCOUVER

Celebrity Buzz pg 22

Wood haunted by Jodie Foster

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

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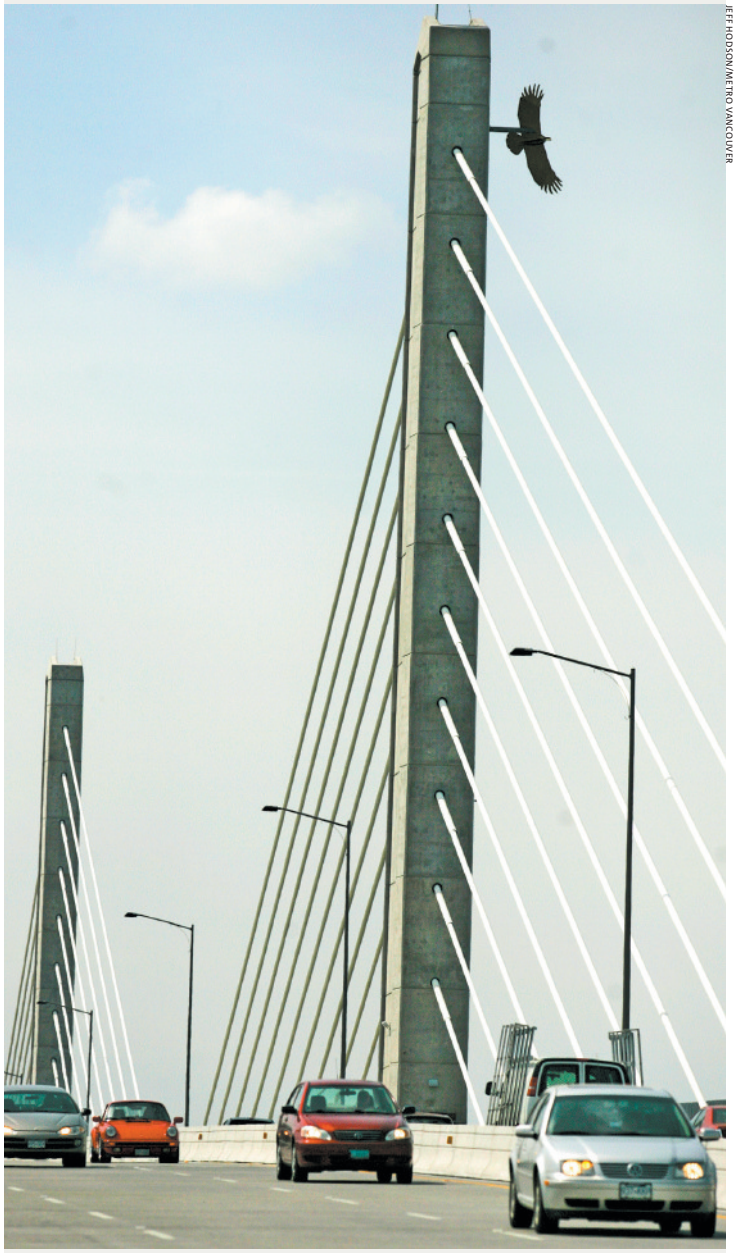

JEFF HODSON/METRO VANCOUVER

Motorists cross the Golden Ears Bridge during its first day open to traffic. More than 25,000 vehicles crossed the span by 2:30 p.m. yesterday — the same amount the Albion Ferry handles in five days. Story, pg 4

Iranians blog their realities

Local community connects online

KRISTEN THOMPSON
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As people outraged over Iran's election results take to the streets in protest, even more are taking to the information highway.

Ramin Joubin, 28, who was born in Iran and grew up in Vancouver, said the Iranian community is "empowered" by blogging, Tweeting and instant messaging about the riots in Tehran.

"(Postings) on Twitter and Facebook are bringing awareness on the issues," Joubin said. "It really brings people together (and) allows them to interact and bridge gaps … And it's safer because you don't have to put yourself in physical danger."

On June 12, President Mahmoud Ahmadinejad claimed a landslide victory in a national election. Millions of Iranians claimed the vote was rigged, leading to deadly protests in Tehran.

The Internet has since been swarmed with forums, YouTube videos of violent protests, Facebook support groups and real-time Twitter updates.

According to a video created by Digital Design students at the Vancouver Film School, which has been posted on YouTube, Iran is the third largest country of bloggers.

"Half of Iran's 70 million people are under the age of 25, a generation vocally opposed to the current regime," says the video.

"Speaking out brings punishment, so young Iranians embrace blogs to voice their thoughts and experiences … Iranian blogs are the true voice of the next generation."

Joubin said Iranians here are being kept up-to-date through blogs and Tweets by friends and family there.

"They mention who is being arrested (and) the number of people dying," he said. "They want us to see what's going on. They show (us photos) … so we don't believe the (rhetoric) that come out of the Ahmadinejad camp."

Area voices

- A rally was held outside the Vancouver Art Gallery last night to remember the people killed in the recent rallies in Tehran.
- To watch the Vancouver Film School video go to metronews.ca

Petcetera files for bankruptcy

ECONOMY Richmond-based pet store chain Petcetera has filed for bankruptcy, the company said yesterday.

The company, which launched its first store in 2007 before growing to 45 locations across the country, filed for creditor protection in March. About 1,500 employees will lose their jobs.

METRO VANCOUVER

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Comedian Russell Peters to bring laughs at GM Place
Homegrown funnyman Russell Peters will be taking to the stage at GM Place tonight for his second Vancouver performance this week. The standup comic, who hosted the last two Juno Awards, is best known for his ethnic impersonations. METRO VANCOUVER

Local

Adams to be honoured

Bryan Adams, left, will be the recipient of this year's Bruce Allen/Sam Feldman Legend Award, which recognizes artists who have made significant contributions to Vancouver's music scene. Songwriter Jim Vallance will also be honoured with the award at a ceremony in Vancouver on July 28. METRO VANCOUVER

Biker downturn feared in Tyaughton Lake

Business owners worry reports of fire could frighten away visitors to bike trails

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Business owners returning to the Tyaughton Lake area yesterday after an evacuation order was downgraded say this summer could be a financial disaster if mountain bikers stay away.

Dale Douglas, a pilot with Tyax Air, said that businesses in the region rely on tourists, most of whom are bikers.

"The (mountain bike) trails are not affected," Douglas said. "The fire is east of here."

But with authorities and the media calling it the "Tyaughton Lake fire," Douglas is concerned that people will think the area was devastated.

"It's like calling a fire in New Westminster the West Vancouver fire," he added.

No crime reported: RCMP

- No criminal activity, such as looting, was reported by families in the Tyaughton Lake area as they returned home yesterday, according to the RCMP. The evacuation order for the area was downgraded to an evacuation alert.

The nearby world-class Spruce Lake trails are intact, according to bikeco.ca, which is encouraging bikers to support the area.

"Don't write off Spruce for this season, get up there, do some riding and try to buy supplies while you're there," said a posting from Monday.

However, to the east, the situation at Marshall Lake is uncertain. Firefighters have successfully completed a controlled burn, bringing 70 per cent of the fire under control. That could change if the winds shift and the blaze remains massive at 8,000 hectares.

Victoria-born professional mountain biker Andreas Hestler said that even if the fire does reach the trails the damage will be temporary.

"Immediately afterwards it's a big black scar on the land," he said. "They have to close the area for a couple of years and then you get the wild flowers as nature starts to regenerate."

But to people like Douglas, who rely on visitors to the area, a two-year closure would be devastating.

"The fire hasn't reached here," he said. "I've been through some ups and downs, we'll get through this."

News in brief

RESCUE SERVICE Solicitor General Kash Heed will be meeting with the chair of B.C.'s Search and Rescue Association to address liability issues after a rescue service in the Interior shut down, cknw.com reports. A Quebec man is suing Golden's Search and Rescue service.

INFLUENZA A Burnaby elementary school is closed today due to an outbreak of influenza A (H1N1), also known as swine flu. Five students at Marlborough Elementary School have reportedly contracted the virus.

METRO NEWS SERVICES

metronews.ca
What's online today.

Blogs Internets explains why Twitter's role in the Iranian protests is just the beginning of the next revolution in social networking

Homeless soccer champs to defend title

JEFF HODSON
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TOURNAMENT Vancouver's Eastside Sun Eagles, Canada's homeless street soccer champions, are heading to Toronto this weekend to defend their title.

The team, formerly known as the Vancouver Dream Catchers, won the Street Soccer Canada tournament in Calgary in September, but didn't make the trip to Australia to compete in the 2008 Homeless World Cup.

Leef Evans, 46, who played college soccer in South Carolina, was on the team last year but was sidelined because he ruptured a tendon in his left ankle.

"It was a bit of a bummer," Evans said. "Even still, I can't push off from the left ankle all that well.

"But they still want me," he added. "I'll play the left side."

Evans, who said he suffers from "rampant bouts of depression," lost his job and found himself homeless five years ago after he was discharged from a month-long stay in the hospital.

The group of nine players will head to Toronto tomorrow thanks to the largesse of a man who was once homeless himself.

Joe Lepur, a local developer, was left homeless in France in 1965 after leaving Yugoslavia (now Croatia).

"I was sleeping in war bunkers," Lepur said. "It was 10 below zero, wintertime. I know what it is to be homeless … How do you pay back the people and the country that has given you so much opportunity?"

Lepur spent $6,000 for new uniforms and airfare for the team's nine members.

JEFF HODSON/METRO VANCOUVER

Members of the Eastside Sun Eagles practise yesterday afternoon at the Carnegie Centre in Vancouver.

Olympic Village needs extra $21.9M: Report

VANCOUVER 2010 Games

FUNDS The Olympic Village needs another $21.9 million, with the bulk of the money necessary for finishing affordable housing units at the site, according to a City of Vancouver report.

City council is being asked to approve the spending tomorrow, which is being blamed in part to "escalating construction prices and anticipated B.C. Housing financing costs."

The revised amount needed for the affordable housing portion is now more than $110 million, up from $95 million.

The city is also looking for another $5.5 million to finish a civic centre at the False Creek location.

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"I can pinpoint a few career highlights, one of them is completing the grueling (but rewarding) SFU program, and another is returning some years later to join its faculty. I hold this program in the highest regard."

RANDY CHAN, DIRECTOR OF MARKETING, RANDOM HOUSE OF CANADA LIMITED

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Mercer to speak at Board of Trade meeting

Rick Mercer, host of CBC's satirical news show The Rick Mercer Report, will be in Vancouver tomorrow to speak at the Board of Trade's 122nd Annual General Meeting. Mercer will be joining Pharmasave CEO Sue Paish as a keynote speaker. METRO VANCOUVER

Drivers flock to Golden Ears

More than 25,000 vehicles use bridge in its first 12 hours of opening

JEFF HODSON
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The $800-million Golden Ears Bridge opened yesterday morning and handled more vehicles in its first half-day than the Albion Ferry would in five.

The tolled bridge, which links Langley and Maple Ridge, handled 25,500 vehicles in its first 12 hours and 15 minutes, said Ken Hardie, a spokesman for TransLink.

By 5:15 p.m., more than 34,000 vehicles had crossed the bridge.

The Albion Ferry, by contrast, handles about 4,500 vehicles in an 80-sailing day.

Vehicles began lining up around 11 p.m. and the first cars crossed at 2:15 a.m. when the barricades were removed.

The new bridge is expected to save commuters about 40 minutes daily. Crossings will begin to be tolled after the first 30 days.

"It is flippin' awesome," said Langley resident Ron Matthews after he biked across the new bridge. "I took about 20 pictures on the way over. It's beautiful."

JEFF HODSON/METRO VANCOUVER

Vehicles cross the Golden Ears Bridge between Maple Ridge and Langley yesterday.

Matthews, who had worked on the weekend and wasn't one of the 50,000 people who attended the bridge's ribbon cutting Sunday, had planned to cycle to Golden Ears Park and return via the Albion Ferry in what he called "the perfect route."

Hardie said the large number of traffic was in part due to a large number of "rubberneckers" who crossed the bridge, but may not be regular commuters.

RCMP were present, helping direct people around the bridge's roundabouts and watching for speeders.

Bridge details

- At its highest point the bridge deck is 40 metres above the Fraser River, with its support columns plunging 90 metres below the surface.

ShareYourViews
vancouverletters@metronews.ca

Games in black, organizers say

SALES Despite the global recession, Vancouver's 2010 Games are in the black, organizers said yesterday, thanks to payments from partners and strong ticket sales.

VANOC posted a positive operating cash position of $127 million, spending $106.1 million and taking in $234.8 million, mainly from ticket sales and contributions from the International Olympic Committee.

VANCOUVER 2010 Games

Dave Cobb, VANOC's executive vice-president, said he was pleased to be in a positive cash position with only eight months before the start of the Games.

"We are not immune to the issues and challenges posed by the economic downturn," Cobb said. "The final eight months will be very challenging with the biggest spending quarters ahead of us."

Economic conditions have made it difficult for potential suppliers to bid on jobs, like supplying food at venues.

The report revealed that VANOC has now spent a total of $665.1 million, or about 38 per cent of their total operating budget.

METRO VANCOUVER

Cycling to get a boost

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It's one thing to discourage people from driving — by reducing lanes on the Burrard Street Bridge or removing street parking downtown. It's another to encourage cycling as an alternative.

That's why the City of Vancouver says it's stepping up plans to provide cyclists with more secure bike parking facilities, which will cut down on theft and give people one fewer excuse not to opt for pedal power.

"We've been trying to meet the needs of cyclists and realize that as demand grows, we need to keep up and address the concerns from cyclists who want to know their bikes are safe and secure," said Scott Edwards, manager of greenways and neighbourhood transportation with the City of Vancouver.

He said people have a legitimate reason to be worried about leaving their bikes on the streets given the vulnerability of locks and racks.

"The city has a number of plans for end-of-trip facilities and parking, starting from on-street parking, to lockers (and cages) near destination areas, to what some people have called a bike-ade," Edwards said.

"It's sort of another level of security."

Edwards did not have a timeline for the implementation of these projects.

In the meantime, Edwards said cyclists can request a bike rack for a particular block or report damaged racks at the city's bike hotline at 604-871-6070.

The hotline can also be used to inform the city of potholes, damage to existing bikeways or provide suggestions about future connections.

Bike lanes on the rise

- Vancouver has close to 400 kilometres of bike lanes and the number of routes is growing in the next year, including along Yukon, Balaclava, Cambie Street and East 22nd Avenue.
- For more information visit Vancouver.ca/cycling or email cycling@vancouver.ca.

Surrey woman ordered to repay insurance money

CAR CRASH A young Surrey woman has been ordered by a judge to reimburse the Insurance Corporation of British Columbia more than $26,000 after she crashed her father's car and lied about it.

In addition, Michelle Larocque was also fined $1,000 after she pleaded guilty to providing a false statement to ICBC.

Larocque was 19 in August 2005 and had only a learner licence when she got behind the wheel of her father's leased 2002 Lincoln by herself and crashed into another vehicle.

> **"The message here, clearly, is that lying to avoid a hike in premiums or a fine just isn't worth it."**
> Steven Tripp, ICBC

Under British Columbia's graduated licensing program, learners are required to be accompanied by an adult aged 25 or older with a valid Class 5 driver's licence.

Steven Tripp, manager of ICBC's Special Investigations Unit, said that while Larocque claimed she was not alone in the car, the other driver and three independent witnesses all told ICBC she was the only person in the vehicle.

"Normally, ICBC would bring a separate court action against the driver to recover payments made on the insurance claim," Tripp said. "But Provincial Court Judge Gulbransen ordered Ms. Larocque to pay restitution in the amount of $26,131.

"The message here, clearly, is that lying to avoid a hike in premiums or a fine just isn't worth it."

Microsoft sues local family

WEBSITES Three members of a Vancouver family — a mother and her two sons — are being sued by Microsoft Corp., which is accusing them of a form of "click fraud" that helped boost traffic to their auto-insurance and World of Warcraft websites.

In the suit filed on Monday in a U.S. federal court in Seattle against the three individuals and companies they are believed to control, Microsoft said it suffered at least $750,000 as a result of the click fraud scheme.

Under the scheme, large groups of people or automated computer scripts click on online advertisements without having any interest in the services or product being advertised.

The Redmond, Wash.-based company said it traced the source of allegedly fraudulent traffic back to the defendants, Eric Lam, Gordon Lam and Melanie Suen.

Microsoft alleges that advertisements for the defendants' websites displaced their competitors' advertisements.

METRO VANCOUVER
WITH FILES FROM REUTERS

News in brief

SEX ASSAULT Police have charged a 57-year-old Maple Ridge man with sexual assault against another man. Richard Richardson allegedly assaulted a 40-year-old man who was renting a room at his home.

ROBBERY North Vancouver Police are asking for help locating two teenage boys who broke into a jewelry store at Capilano Mall and made off with high-end watches. A security guard saw the boys running from People's Jewelers on Monday evening.

DISAPPEARANCE Investigators believe the remains of a man found near Nanaimo earlier this month are those of Henry Phelix Lunde, who went missing in 1989. Police say Lunde left a note before his disappearance, saying he was despondent over the death of his wife.

FLIGHT DELAYS Most flights between Vancouver and Asia were cancelled or delayed yesterday, after the ash from a volcano that erupted in Russia obstructed their flight path, CBC News Online reports. Ash plume from the Sarychev Peak reached more than 16.5 kilometres above sea level.

METRO NEWS SERVICES

Globe and Mail staff to vote on strike

About 480 workers at the Globe and Mail newspaper will vote this weekend on whether to give their union a strike mandate amid tense negotiations over a new contract. REUTERS

Canada

Talks 'productive'

Ignatieff, Harper scheduled to meet again today

The chances of an early federal election appeared to diminish sharply yesterday after the leader of Canada's main opposition party held two rounds of "productive" talks with Prime Minister Stephen Harper.

Ignatieff

Harper

Liberal Leader Michael Ignatieff had threatened Monday to topple Harper's minority Conservative government, but the political temperature dropped when the two men met for what both sides agreed were productive discussions.

More talks were scheduled for this morning, spokesmen for both sides said, but the outcome seemed increasingly clear. Ignatieff's ally Steve MacKinnon said on CTV that he expected "ultimately no election."

Ignatieff had said Monday he would try to bring down the Conservatives on a budgetary vote Friday unless Harper explained in detail how he planned to help Canadians survive the economic downturn.

Although Harper quickly delivered a largely defiant response, Ignatieff then said he saw enough in the prime minister's words to indicate some progress had been made. Harper then suggested the two meet yesterday.

"We're gradually getting clearer answers and we made a little progress yesterday," Ignatieff told French-language broadcaster Radio-Canada before the talks started.

After having spoken of progress and productive talks, it would be tricky for Ignatieff to suddenly force an election.

Political observers largely agree that Ignatieff took too hard a line on Monday and is looking for a way out. REUTERS

No election fever

- Canadians are showing little interest in what would be the country's fourth election in little over five years. A Harris-Decima poll for The Canadian Press Monday said only 14 per cent of respondents wanted an election now.

Montreal **Walking tall**

CHRISTINNE MUSCHI/REUTERS

A stilt-walker practises in Cirque du Soleil's attempt at a Guinness world record for most people simultaneously walking on stilts in Montreal yesterday. A controversial new book about Cirque du Soleil owner Guy Laliberté is also being released, marring Cirque du Soleil's 25 anniversary events.

Aid plans in works for pulp, paper industries

TAX Canada is expected to lay out plans today to aid the country's pulp and paper industry, which says it has become the unintended victim of a tax windfall enjoyed by U.S. rivals.

Ottawa has been scrambling to come up with a response to the U.S. "black liquor" tax credit, which critics say has been misused by some American pulp mills, allowing them to overproduce at a time when the pulp market is already saturated.

Canada's forestry industry has been hammered by the economic crisis and the collapse of the U.S. housing market, and Ottawa has been under pressure to provide some assistance after coming to the rescue of the auto sector.

Natural Resources Minister Lisa Raitt has scheduled a news conference in Ottawa for today to announce a "new program that will lay the groundwork for a greener, more sustainable future." REUTERS

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Money can buy carrot know-how

A 74-year-old British amateur gardener who won a 25 million pound lottery prize said yesterday he would spend part of his winnings hiring an expert to learn how to grow better carrots. Brian Caswell said he had always struggled with the vegetable. REUTERS

World

Waitress walks free after killing official

A Chinese waitress who killed a government official when he assaulted her was set free yesterday, ending a case that sparked debate over widespread abuse of power. Deng Yujiao, left, was originally detained on suspicion of murder but was found guilty of the lesser charge of causing injury with intent. Deng stabbed township official Deng Guida to death at a bathhouse on May 10 when he assaulted her after she refused to provide sex. REUTERS

U.S. urges Twitter to delay upgrade

IRAN The U.S. State Department contacted the social networking service Twitter over the weekend to urge it to delay a planned upgrade that could have cut daytime service to Iranians, a U.S. official said yesterday. Social networking service Twitter delayed a planned upgrade to avoid cutting daytime service to Iranians who have been using it to co-ordinate protests against a disputed presidential election. Websites such as Twitter and Facebook have become a focal point for young Iranians opposed to President Mahmoud Ahmadinejad, who defeated Mirhossein Mousavi in Friday's election. Twitter said a network upgrade had been planned for Monday night, which would have cut daytime service in Iran. REUTERS

Iran won't annul vote

Guardian Council may re-tally; seven killed in protests

Iran's top legislative body yesterday ruled out annulling a disputed presidential poll that has prompted the biggest street protests since the 1979 Islamic revolution, but said it was prepared for a partial recount.

In what appeared to be a first concession by authorities to the protest movement, the 12-man Guardian Council said it was ready to re-tally votes in the poll, in which hardline President Mahmoud Ahmadinejad was declared the runaway winner. But the powerful Council rejected reformist calls to annul Friday's election, which set off swift-moving political turmoil, riveting attention on the world's fifth biggest oil exporter, locked in a nuclear dispute with the West.

State television said the "main agents" in post-election unrest had been arrested with explosives and guns. It gave no further details. Supporters of Mir Hossein Mousavi, outraged at what they viewed as a stolen election, had planned another big rally yesterday, even though seven people were killed on Monday on the fringes of a vast march through the streets of Tehran. But state television showed live pictures of thousands of Ahmadinejad supporters gathering at the Vali-ye Asr Square before any Mousavi supporters arrived, and authorities banned the opposition rally.

Mousavi urged his supporters to stay away from the square "to protect lives" and avoid possible confrontation with security forces and Ahmadinejad backers. REUTERS

Media ban in Iran

- Iran yesterday banned foreign media from leaving their offices to cover protests on the streets of Tehran. The Culture Ministry said journalists could work from their offices but that it was cancelling accreditation for all foreign media.

U.S., South Korea show united front to North

KOREA U.S. President Barack Obama and South Korean President Lee Myung-bak presented a united front to North Korea yesterday, saying Pyongyang must abandon its nuclear weapons program and will not be rewarded for provoking a crisis.

With Lee at his side in the White House Rose Garden, Obama said a nuclear-armed North Korea would pose a "grave threat" to the world and vowed that new UN sanctions against the reclusive communist-ruled nation would be strictly enforced.

He promised to end a cycle of allowing North Korea to create a nuclear crisis, then granting concessions in the form of food, fuel and other incentives to get Pyongyang to back down, only to later see it renege on its promises.

"We are going to break that pattern."
Barack Obama on concessions

"This is a pattern they've come to expect," Obama said.

"We are going to break that pattern."

In a development on a case that has caused further tensions with Washington, the official North Korean news agency KCNA gave its first details of the case of two U.S. journalists it sentenced to 12 years of hard labour last week, saying that they were trying to slander the state. REUTERS

Chinese city kills 36,000 dogs over rabies fears

CHINA A Chinese city has killed 36,000 stray and pet dogs in a bid to wipe out rabies, state media said yesterday, as the country considers a draft law recognizing animal rights and making such a cull illegal. Rabies has killed 12 people in Hanzhong, in the northern province of Shaanxi, where more than 6,000 people had been bitten or scratched since late May, the China Daily said.

12
Human deaths attributed to rabies in Hanzhong since late May, according to the China Daily.

"The monitoring data showed that the danger caused by the dogs which carried rabies virus has increased and epidemic prevention and control is urgent," Xing Tianhu, deputy mayor of the city, was quoted as saying.

International animal rights groups have criticized China for cruelty, saying millions of animals raised for their pelts, including cats and dogs, are mistreated and inhumanely killed. Raising dogs was banned under the rule of late Chinese leader Mao Tse Tung as a bourgeois pastime and was only made legal a few years ago as living standards rose. Animal protection organizations expressed concern over the Hanzhong cull. "The mass removal of dogs can result in the increased movement of dogs of unknown disease status from surrounding areas, thereby actually facilitating disease transmission and increasing the threat to human and animal health," Peter Williams, China director for the World Society for Protection of Animals, was quoted as saying.

China's first law to recognize animal welfare and include domestic animals is in the draft stage. REUTERS

West Hollywood **Condom protest**

MARIO ANZUONI/REUTERS

A young girl holds a sign during a rally in support of the use of condoms in the adult film industry in West Hollywood yesterday. The rally was organized by AIDS Healthcare Foundation in support of a legislation that would mandate the use of protection by adult actors.

Different kind of environmentalist takes to the air

TELEVISION Self-described lazy environmentalist Josh Dorfman has a plan to save the planet that is a little unorthodox — he tells people to stop feeling bad about taking long showers and driving fast cars.

"Environmentalists make people feel bad, and making people feel bad is a terrible marketing strategy," Dorfman said, explaining the concept of his new U.S. TV series, The Lazy Environmentalist.

"Prophecies of doom and gloom or trying to appeal to a moral imperative, those tactics appeal to a very small minority that change their behaviour," Dorfman said in an interview. "I'm interested in implementing change for the great majority."

On the show, Dorfman shows families and business people how they can make their lives easier by making more environmentally friendly choices.

The Lazy Environmentalist started life as a blog five years ago after an assistant questioned how he could call himself an environmentalist when he enjoyed taking long showers and showed little commitment to recycling. REUTERS

News in brief

MIDDLE EAST Israeli Prime Minister Benjamin Netanyahu is prepared to resume peace talks with the Palestinians that would cover core issues like borders and refugees, his new envoy to Washington said yesterday. But ambassador Michael Oren cautioned that on the status of Jerusalem, which is also among core issues in the peace process, Netanyahu had a firm position that the city must be the undivided capital of Israel. U.S. President Barack Obama wants Israel and the Palestinians to resume peace talks as soon as possible and has welcomed as positive Netanyahu's conditional endorsement this week of the goal of Palestinian statehood.

GREECE Two gunmen shot dead a Greek anti-terrorist policeman guarding a witness in Athens late last night then fled on a motorcycle, police said. The witness was involved in a case against an urban guerrila group, he added. The unidentified attackers disappeared in the streets of the densely populated Patissia area of Athens. Police said there was no warning or any claim of responsibility for the attack, the latest of several against the police in Greece this year. REUTERS

Ban fast food toys: Lawyer

FOOD Charging that toys sold with meals in fast-food outlets can lead children to develop bad eating habits, a Brazilian prosecutor is asking a judge to ban such sales nationally at chains including McDonald's and Burger King.

The move comes amid global concern over the link between some fast food and illnesses such as diabetes.

The U.S. Congress is also considering requiring chain restaurants to disclose calories on menus to help fight obesity.

Prosecutor Marcio Schusterschitz, in Brazil's Sao Paulo state, said fast-food toy promotions encourage children to buy high-fat meals through "the abusive creation of emotional associations" that turn them into life-long eaters of high-fat foods.

Now a judge must decide whether to hear the request — which targets combination meals offered by McDonald's, Burger King and Brazilian chain Bob's that typically include hamburgers or chicken nuggets, french fries and soft drinks.

REUTERS

Stars and stripes forever?

TATTOOS A Belgian teenager says she emerged from a tattoo parlour with 56 stars over one side of her face, rather than the three she had asked for.

"I said this part, the top, is OK, but not the rest," Kimberley Vlaeminck from the city of Kortrijk, near Brussels, told Belgian broadcaster VRT.

The 18-year-old said she fell asleep during the procedure, and woke up in pain when her nose was being tattooed.

The Kortrijk prosecutors' office said police are investigating.

The tattoo artist said Vlaeminck had agreed to 56 stars.

REUTERS

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West shut out of party

Go-it-alone summit hits at the U.S.

Leaders of emerging world powers yesterday discussed reducing their reliance on the United States.

They talked up the subject at two summits hosted by Russia but excluding the West.

The range of topics on the agenda and the line-up of presidents attending showed the growing power of the world's emerging nations, including India and China, and their desire to forge new influence.

Iran's president, re-elected in a disputed vote, fired a salvo at the United States.

And the leaders of India and Pakistan had their first one-to-one meeting since the Mumbai attacks.

"We are likely to witness the creation of a supranational reserve currency ... the existing currency system is not ideal." Dmitry Medvedev

The so-called BRIC nations of Brazil, Russia, India and China called for reform of international financial institutions and sweeping changes to the United Nations.

Host president Dmitry Medvedev of Russia hailed the Urals city of Yekaterinburg as "the epicentre of world politics."

The need for major developing world nations to meet in new formats is "obvious," he said.

Medvedev said existing currencies, including the U.S. dollar, have not performed their function.

"We are likely to witness the creation of a supranational reserve currency ... which will be used for international settlements", Medvedev said.

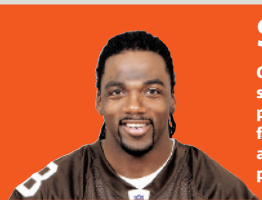
"The existing currency system is not ideal."

REUTERS

U.S. Open to go ahead without Wie

Michelle Wie has failed to qualify for the U.S. Women's Open. Wie shot a 74 in the second round of qualifying yesterday, and missed by one shot. It will be the first major Wie has missed this year. Also failing to qualify were Natalie Gulbis and 18-year-old rookie Vicky Hurst. METRO NEWS SERVICES

Sports



Stallworth serving time

Cleveland Browns wide receiver Donte' Stallworth, left, began a 30-day jail sentence yesterday for killing a pedestrian while driving drunk in Florida, a punishment made possible by his co-operation and the wish of the victim's family to put the matter behind them. Stallworth also must undergo drug and alcohol testing, will have a lifetime driver's licence suspension and must perform 1,000 hours of community service. METRO NEWS SERVICE

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Blue Jays **A Mighty Lind**

TIM SHAFFER/REUTERS

Toronto's Adam Lind hits a solo homer against Philadelphia last night in the Jays' 8-3, 10-inning win over the Phillies.

$30M sponsorship shortfall?

IOC may not meet funding target for 2010 Olympic Games

VANCOUVER 2010 **Games**

The economic slowdown has proven to be a major hurdle in the race to sign up needed suppliers for next year's Winter Olympics, organizers said yesterday.

The recession has already made it difficult to line up sponsors for the 2010 Games in Vancouver, but it has also made it difficult for some companies to bid on supply contacts for jobs such as providing food at local venues.

"In the end, we're happy with the companies we do have, but in some cases we haven't had as many to choose from as we might have otherwise hoped for," said John McLaughlin, chief financial officer of the Vancouver Organizing Committee (VANOC).

All suppliers had to undergo pre-bid screening, but in some cases firms that passed that test later had to drop out because they could not get the bank credit needed to pursue the contract, officials said.

VANOC, which has a $1.7-billion operating budget, still has to award contracts for about 62 per cent of its planned spending for the Olympics, which begin next February in the Pacific Coast city.

Organizers remain confident they will complete all the contracts they need. In some cases they have restructured contract requirements so that smaller local companies could join in the bidding.

The global economic crisis has also made it harder for Vancouver organizers and the International Olympic Committee to sign up sponsors.

"If there is a shortfall, we're going to work on ways to make it up." Dave Cobb, VANOC

The IOC has signed up nine major global sponsors, but that is two short of what had been projected when VANOC's budget was drawn up, leaving Games organizers with the possibility of a $30-million revenue shortfall

Although the IOC believes it will be able to sign up the needed sponsors before the Games begin, the two groups have begun discussions on what they will do if they come up short, said Dave Cobb, VANOC's executive vice-president.

"If there is a shortfall, we're going to work on ways to make it up," Cobb said.

Both VANOC and the organizing committee for the 2012 Summer Olympics in London receive a percentage of the revenue from the IOC's international sponsorship deals.

VANOC has completed nearly all its planned domestic sponsorship arrangements, but the recession has dashed earlier expectations it would exceed its budget target.

One of its major sponsors, General Motors Corp, has sought bankruptcy protection, but VANOC said GM and all other key sponsors were still meeting their financial commitments to the Games.

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Balsillie not throwing in towel after bankruptcy court's Monday ruling

HOCKEY Jim Balsillie isn't giving up hope.

The billionaire, however, chose not to show up for a news conference called on his behalf, letting others do his speaking for him when it comes to his continued pursuit of the Phoenix Coyotes.

"His commitment remains completely unchanged," said Balsillie spokesman Bill Walker, saying his boss was busy with work as co-founder of Research in Motion the day after a judge rejected his $212.5-million (US) offer to buy and relocate the team. "He's committed to Hamilton, he's committed to Copps Coliseum.

"He just sees this as another day at the office. He's moving forward. He's completely unfazed. 'What's next?' is his question."

"He just sees this as another day at the office. He's moving forward. He's completely unfazed. 'What's next?' is his question." Balsillie spokesman Bill Walker

What next, indeed.

The Toronto Maple Leafs weren't smoking victory cigars by any stretch after Judge Redfield T. Baum derailed — temporarily, at least — Balsillie's bid to put a team in Hamilton. Maple Leaf Sports and Entertainment president Richard Peddie again referred all questions to the NHL.

"We'll see," was all deputy commissioner Bill Daly had to say yesterday.

The NHL will be paying the bills of the Coyotes and, as a secured creditor, will be first in line to get its money back when the team is ultimately sold.

The team will go up for auction Sept. 10 and it's the NHL's job to find a buyer to keep the team in Phoenix. If none can be found, it will be forced to allow the team to relocate. Four groups have expressed an interest, but none so far have a firm offer.

The City of Glendale was happy, issuing a statement that the judge's ruling "establishes that professional hockey is viable in (Glendale)."

And politicians in Hamilton suggested it was a "bump in the road."

TORSTAR NEWS SERVICE

Sports in brief

2016 OLYMPICS Financial considerations should not drive the decision on which city hosts the 2016 Olympics, IOC president Jacques Rogge said yesterday on the eve of key presentations by the four candidates.

2020 OLYMPICS Prague will not enter the race to host the 2020 Summer Olympics as planned due to the global economic crisis. The city council of the Czech capital voted 11-0 yesterday to cancel preparations for the bid, said Marketa Reedova, deputy mayor and council member. The decision is expected to be approved by Prague's municipal assembly tomorrow.

SUSPENSION Major League Baseball suspended Atlanta Braves minor league pitcher Rafael Cruz 50 games for violating the minor league drug prevention and treatment program. METRO NEWS SERVICES

Sosa failed 2003 drug test: Report

BASEBALL Sammy Sosa is among the players who tested positive for a performance-enhancing drug in 2003, according to a published report in the New York Times.

Sosa, who last played in the majors in 2007, becomes the latest baseball star to be embroiled in this scandal.

The paper reported that Sosa revealed in a recent Spanish-language interview that he would "calmly wait" for induction into baseball's Hall of Fame, for which he is not eligible until 2013.

The 40-year-old native of the Dominican Republic captured the eyes of the baseball world back in 1998 as he was engaged in a friendly battle with former major-leaguer Mark McGwire in pursuit of Roger Maris' all-time home run record. Both men eventually eclipsed the mark, with Sosa finishing second that season with 66 homers.

Along with an unfavourable appearance in front of Congress, his entrance into the Hall clearly has been damaged by the revelation, a fate which may now also befall Sosa.

METRO NEWS SERVICES

No charges for Ronaldo
Manchester United's Cristiano Ronaldo will not face any charges for crashing his Ferrari into a roadside barrier in January, police said yesterday. No one was injured in the crash. Ronaldo will likely be moving to Real Madrid later this month. METRO NEWS SERVICES

Lions' owner didn't break rules: Commish

The Canadian Football League has announced plans to change its financial rules after it was revealed that British Columbia Lions owner David Braley helped Howard Sokolowski and David Cynamon purchase the Toronto Argonauts out of bankruptcy in 2003.

The Globe and Mail first reported the secret transaction and the league responded with a statement acknowledging the pact. Both ownership groups also provided statements, and all three parties said the league's bylaws were not broken.

Braley, according to the Globe and Mail, paid half of the $2-million franchise fee for the purchase and continued to provide financial assistance to the Argos afterward.

The league, while saying it had no knowledge of the transaction at the time, said Braley never had a stake in the Argos and added that competition between the teams was never compromised.

"I have been informed that British Columbia Lions owner David Braley provided financial assistance to Toronto Argonaut owners Howard Sokolowski and David Cynamon, as they sought to strengthen our league by strengthening a storied franchise in our largest city," CFL commissioner Mark Cohon said in a statement. "There has been no suggestion, nor is there any evidence, that this financial transaction had any effect whatsoever on the competitive integrity of our game.

"There is every indication that all three of these gentlemen acted, and continue to act, out of love for the Canadian Football League and respect for its fans. There has also been no breach of the league's Constitution or its bylaws. However, there is clearly a need for improved transparency in such matters. And I intend to work with our Board of Governors to revise our rules so that such financial transactions, no matter how well intended, must be shared with the Commissioner and all governors."

Braley said it was only his intention to help the CFL and the Argonauts when he offered his financial assistance.

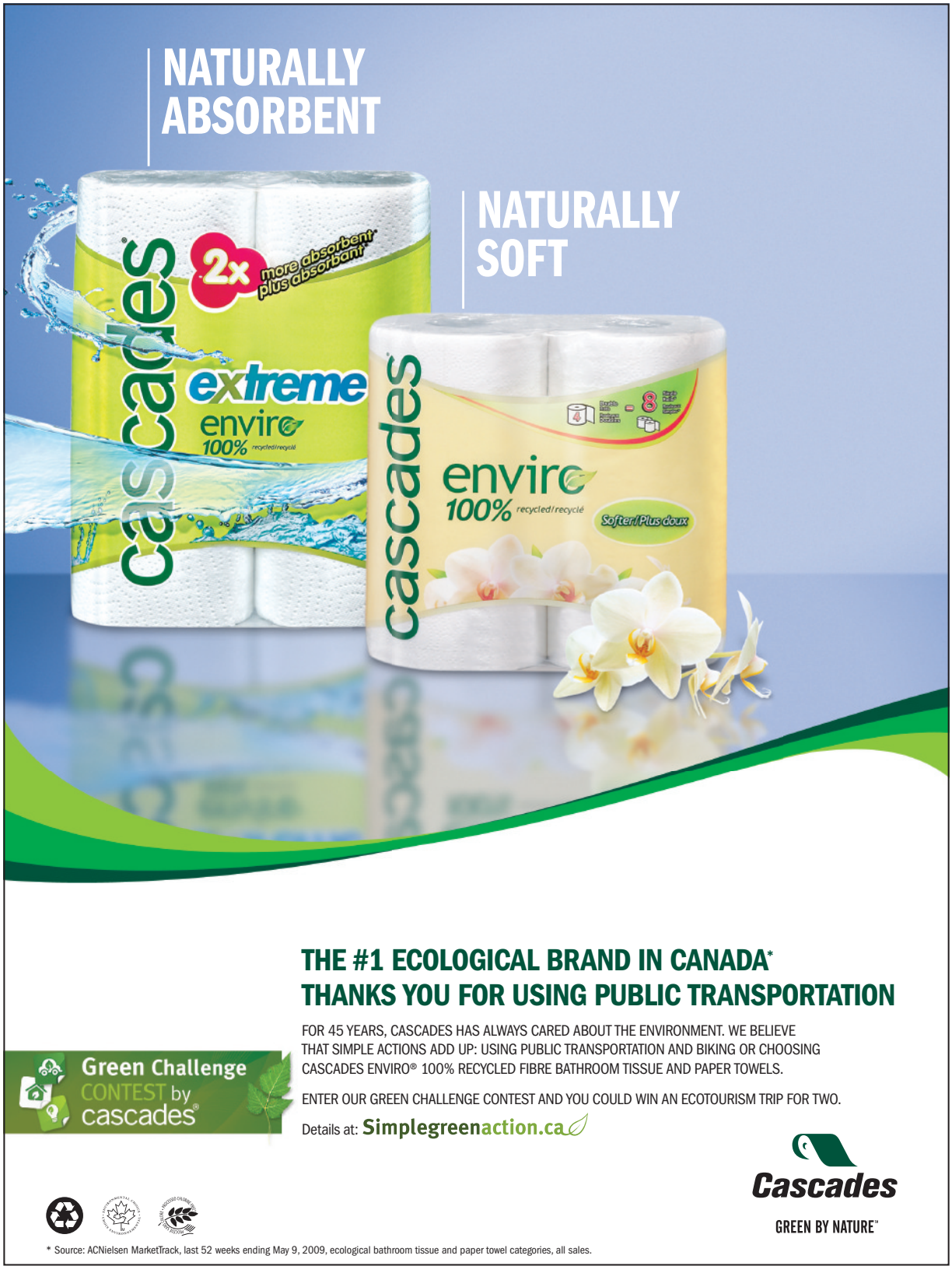
METRO NEWS SERVICES

Sports in brief

OLYMPICS Prague will not enter the race to host the 2020 Summer Olympics as planned due to the global economic crisis. The city council of the Czech capital voted 11-0 yesterday to cancel preparations for the bid, said Marketa Reedova, deputy mayor and council member. The decision is expected to be approved by Prague's municipal assembly tomorrow. The council took into account a report by PricewaterhouseCoopers, which recommended the city use the funds needed for staging the Games to ease the effects of the crisis.

TENNIS Canadians Frank Dancevic and Aleksandra Wozniak recorded major upsets yesterday in first-round action at the Eastbourne Championships. Dancevic knocked off top-seeded Russian Igor Andreev 7-6 (8), 6-2. The Niagara Falls, Ont., native, ranked No. 126 in the world, fired 11 aces and broke Andreev twice en route to the stunning victory. Wozniak followed with one of the biggest victories of her career, a 6-0, 6-3 triumph over French Open champion Svetlana Kuznetsova.

METRO NEWS SERVICES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Ironic emblem of failure

Problems continue to plague iconic Snowbird fleet

TheWestView

Paul Sullivan

metronews.ca/thewestview

The Snowbirds are grounded … again. You know about the Snowbirds? Those guys who turn up at air shows in their 40-plus-year-old jets expected to perform crowd-pleasing, death-defying manoeuvres?

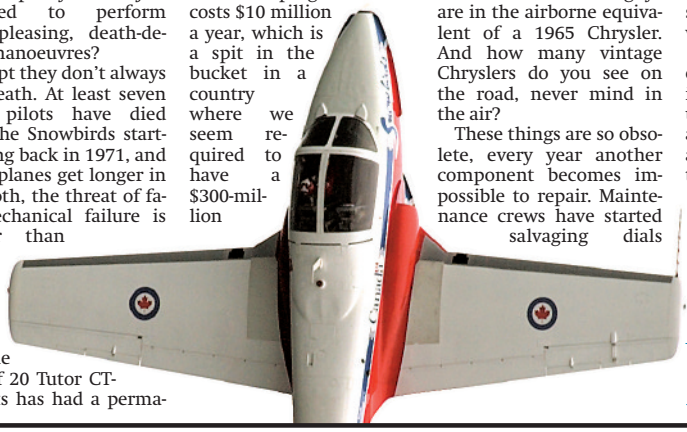
Except they don't always defy death. At least seven brave pilots have died since the Snowbirds started flying back in 1971, and as the planes get longer in the tooth, the threat of fatal mechanical failure is greater than ever.

And they don't always fly. The fleet of 20 Tutor CT-114 jets has had a permanent maintenance crew assigned to them since 2001, but that hasn't prevented the latest problem with the jet's ejection seat.

So they're grounded and, as I write, may not be ready for the big flypast on Parliament Hill on July 1. Not that you'll notice. The flypast takes about as long as it takes a politician to clear his or her throat.

Ahem. I've got to ask: How long are we going to keep this nonsense up?

The program costs $10 million a year, which is a spit in the bucket in a country where we seem required to have a $300-million election at least as often as a flypast, but the real cost is in human lives.



And what's the point? Why are we making these people take enormous risks in ridiculously outdated technology? It's like having a team of precision gondoliers or acrobatic shepherds, only more dangerous.

Quaint, but deadly.

Maybe if they were flying around in cool, state-of-the-art technology, I could understand, but these guys are in the airborne equivalent of a 1965 Chrysler. And how many vintage Chryslers do you see on the road, never mind in the air?

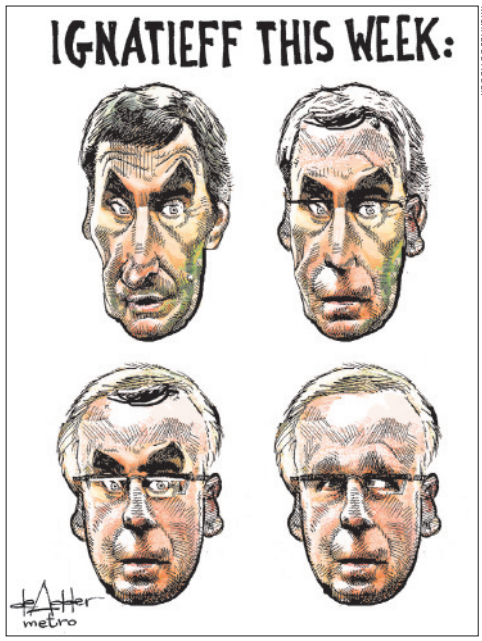
These things are so obsolete, every year another component becomes impossible to repair. Maintenance crews have started salvaging dials and tubes from other obsolete Canadian aircraft such as the decommissioned Hercules and sticking them on the Tutors.

Meanwhile, Canadians are busy getting blown up in Absurdistan. Our forces need all the help they can get, but instead they are hobbled with outdated, obsolete aircraft and ground equipment. If anything, the Snowbirds are an ironic emblem of the government's failure to adequately equip the people we insist on putting in harm's way.

The government is seriously thinking about keeping these guys in the air until 2020, when no amount of chewing gum and binder twine will keep them airborne.

I, for one, hope they stay grounded. But I must be a communist or some other kind of subversive. But I don't mind — it's safer than being a precision gondolier.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Worth mentioning

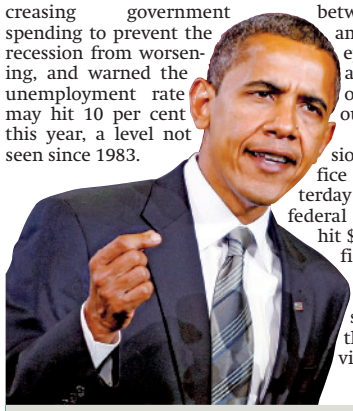
Recession woes giving Obama restless nights

U.S. President Barack Obama said yesterday that worrying about the U.S. government's finances "keeps me awake at night" and the country needed to start planning now to tackle soaring deficits.

In a pair of interviews on CNBC and Bloomberg television, Obama defended increasing government spending to prevent the recession from worsening, and warned the unemployment rate may hit 10 per cent this year, a level not seen since 1983.

"There's no doubt that we've got a serious problem in terms of our long-term deficits and debt," he told CNBC. "I make no apologies for having acted short term to deal with our recession."

But he said once the recession ends, "we're going to have to close that gap between the amount of money coming in and the amount of money going out."



The Congressional Budget Office estimated yesterday that the U.S. federal deficit would hit $1.43 trillion in fiscal 2010 under Obama's budget plan, slightly higher than it had previously forecast.

REUTERS

Word on the street: Should mixed martial arts be recognized as a legitimate sport in Canada?

Richard R. Dixon
age 29, North Vancouver

A: (Yes) because it requires just as much determination, skill and focus as any other martial art. The only distinction is that it combines many forms of martial arts into one.

Melanie Roy
age 23, Vancouver

A: Maybe if there was a bit more regulation involved because it kind of crosses the line sometimes. And I don't know if it's the greatest sport for kids to watch.

Andrew Cho
age 22, Vancouver

A: Certainly. Why not? You have to train. It's a combination of several other legitimate sports in one. It's spectator friendly … and people enjoy it.

Gillian Wesley
age 23, Halifax

A: I don't think things like cage fighting should be. I think that with a sport based completely on violence, I wouldn't like to see it as a recognized sport.

Kevin Mcgillivray
age 43, Edmonton

A: Absolutely yes. It takes a lot of discipline and a lot of hard work for these fighters to be good at so many disciplines. In my opinion it's a lot safer than boxing …

Matthew Rizzo
age 20, Ottawa

A: I think it should be … because it has all the aspects of other sports — conditioning, training, dedication, motivation, competition.

Metro Online Poll Results

26% SAID YES	Are you one of the 14 per cent of Canadians who would welcome a summer election? *Weigh in on today's question at metronews.ca*	74% SAID NO

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

B.C. smoked salmon headed to space

Smoked salmon made by a B.C. business will be on board the space shuttle Endeavour tomorrow when it takes off for the International Space Station, CBC News Online reports. The salmon is a favourite of B.C.-born astronaut Bob Thirsk. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

RIM aims for broad appeal with new BlackBerry

WIRELESS Research In Motion is adding another smartphone to its BlackBerry lineup as it aims to win market share among both executives and mainstream consumers.

The new model is known as the BlackBerry Tour and falls somewhere between the BlackBerry Curve, which has proved popular with consumers, and the BlackBerry Bold, which RIM has aimed at high-end corporate users.

Even though the device isn't drastically different from other BlackBerry handsets in appearance, RIM co-chief executive Jim Balsillie said the Tour is a "big step forward."

It is what RIM calls a "world phone," which means it can easily access voice and data services on networks outside the user's home country. This has proven popular with business users in the past.

To appeal to the retail market, the Tour is loaded with multimedia features. REUTERS

Air Canada seeks loan

Airline asking government for $200M: Flaherty

Cash-strapped Air Canada has approached the government for a loan, Finance Minister Jim Flaherty said yesterday as the airline works against the clock to stave off possible bankruptcy.

Flaherty said Canada's biggest airline was in discussions with Export Development Canada for a commercial loan. A source close to the talks said the carrier was asking the federal financing agency for about $200 million, a third of the $600 million the carrier says it needs in the short term.

"Air Canada has had some discussions with Export Development Canada about possibly borrowing on commercial terms, but those are discussions that are ongoing," Flaherty told reporters.

"Air Canada has had some discussions with Export Development Canada about possibly borrowing on commerical terms."
Jim Flaherty, finance minister

His comments come hours after Air Canada announced it had reached tentative agreements with the Air Canada Pilots Association and the Canadian Union of Public Employees on a 21-month moratorium on funding its $2.9 billion pension deficit.

An agreement with the unions on pensions and securing financing are crucial to keeping the debt-laden airline, which has been buffeted by a global slowdown in air travel and stiff competition at home, from filing for bankruptcy for the second time in six years.

The source said any loans to Air Canada would come from EDC's Canada Account, which is for transactions outside EDC's responsibility but deemed to be in the national interest.

The loan would be negotiated on a commercial basis and would not be considered by the government as a bailout. The EDC would administer the loan but the federal government would take on the risk. REUTERS

Business in brief

OIL Newfoundland and Labrador has signed a memorandum of understanding with a consortium that includes Exxon Mobil Corp. to develop the 220-million barrel Hibernia South oil field off the province's coast.

WEB MySpace said it will cut 30 per cent of its staff to lower costs as it struggles to stay popular in the face of rising competition. MySpace will be left with about 1,000 employees, it said in a statement released yesterday.

TELECOM Restrictions that prevent foreign players from buying or holding majority stakes in Canadian telecom companies are stifling competition and should be changed, the chief executive of Manitoba Telecom Services said yesterday. REUTERS

Switzerland **Breaking through**

ARND WIEGMANN/REUTERS

A miner holds a statue of St. Barbara, patron saint of miners, at the construction site of the NEAT Gotthard Base Tunnel yesterday. With a length of 57 kilometres crossing the Alps, the world's longest train tunnel should be operational by 2017.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Handbook for a frugal life

In tight times, finding extra dollars in unexpected places is even more important.

With tips, tricks and information that range from long-term savings to instant cash in your pocket from Kerry K. Taylor, creator of Squawkfox.com, 397 Ways to Save Money makes living within a budget easy — and even fun.

Written by an average Canadian whose frugal ways have saved her thousands, this accessible guide offers saving savvy that you don't need to be a financial planner to understand.

By looking in every corner of every room in your house, from the kitchen to the closet, and by considering the needs of every member of your family, from your toddler to your dog, 397 Ways to Save Money will help you search out thousands of dollars in savings without changing what you love about your life.

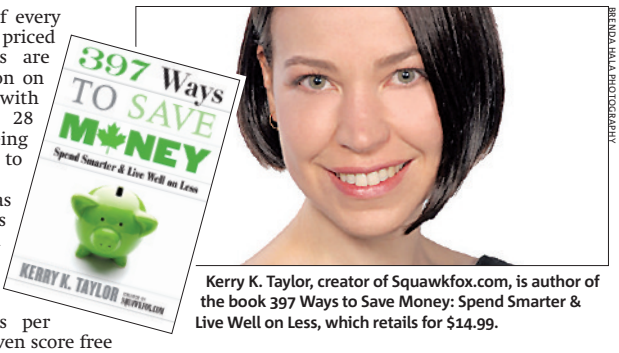
Metro picked up the following excerpt, used with permission from HarperCollins Canada:

Eating is an expensive fact of life. With three meals a day plus snacks and goodies, the cost of buying and preparing food is considerable and is not getting any cheaper. The average Canadian spends over 10 per cent of their yearly expenses on food, and this doesn't account for dining in restaurants or ordering takeout meals. But despite the obvious need to eat, shopping for food and feeding your family doesn't have to be a financial strain.

Because decisions in the kitchen affect both your pocketbook and your waistline, some simple planning is all that's needed to maximize your savings without sacrificing your health.

Get your food for free by watching the price scanner.

Mistakes on electronic price scans are common at the grocery store. The U.S. Federal Trade Commission has found that errors occur in one out of every 32 regularly priced items. Errors are more common on sale items, with one out of 28 items being overcharged to consumers.



BRENDA HALA PHOTOGRAPHY

Kerry K. Taylor, creator of Squawkfox.com, is author of the book 397 Ways to Save Money: Spend Smarter & Live Well on Less, which retails for $14.99.

Watch as your items are scanned at the checkout and you could save many dollars per month and even score free food. The Retail Council of Canada has a Code of Practice for scanner accuracy that states, "If the scanned price of a qualifying item at the checkout of a participating store is higher than the price displayed in the store — or advertised by the store — the lower price will be honoured. If the correct price of the product is $10 or less, the retailer will give the product to the customer for free. If the correct price of the product is higher than $10, the retailer will give the customer $10 off the corrected price." See the Retail Council of Canada website (retailcouncil.org) for the list of participating stores in your area.

Bottom line: Watch as your groceries are scanned at the checkout and verify that prices are accurate. If you see an error, don't be afraid to ask the cashier to give you the item for free.

Make a grocery list.

Ever come home from the supermarket without having bought anything to eat? It's not hard to do when you consider all the marketing displays and distractions at the grocery store. Food marketers pay mega-moolah for shelf space and want to catch your eye and tap your wallet when you're shopping for dinner.

To save you hundreds or thousands in impulse buys, go through your pantry before hitting the supermarket and make a shopping list. Having a list with you when you go shopping not only saves time but reminds you what foods to buy and what meals to make and steers you clear of impulse purchases.

Writing a shopping list is free and can help you plan menus for your breakfasts, lunches and dinners, saving you even more money from costly takeout meals and restaurants bills. You might even save on gas by being super-organized because you won't need to make a second trip!

Bottom line: Make a free grocery list and buy only the foods you need for breakfast, lunch and dinner. Even if you save only $10 on impulse buys each week, making a list can really pay off — to the tune of $520 a year.

Skip the supermarket aisles and shop around the edges.

The perimeter of your supermarket is stocked with the most healthful and frugalicious foods; items like fresh produce, dairy, bulk foods, meats, organics and frozen vegetables are ripe for the picking. Passing on the aisles where highly packaged and marketed items are stocked, and staying on course around the edges of your supermarket can save you 5 per cent to 20 per cent on your grocery bill. Foods high in nutrition and low on food science and marketing claims bring greater value to your family meals.

Bottom line: Limiting your exposure to the supermarket aisles and shopping around the edges can save you between $7.50 and $30 on a $150 trip to the grocery store and delivers more nutritional value to your dinner table per dollar spent.

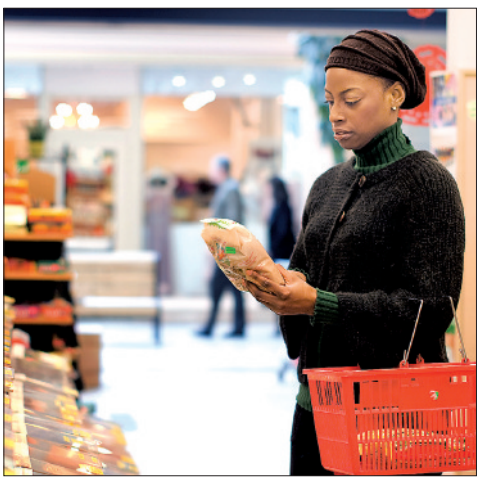
Eat less meat.

To save hundreds on groceries, try using less meat in your family meals. You don't have to go vegetarian — simply try some meatless dishes even just once a week by adding alternatives like protein-rich beans to a few dishes.

Switching from animal protein to bean protein is a wonderfully frugal way to add some dollars to your bank account and find some variety in your diet. Soak and cook dried beans to become the ultimate money-saving bean counter.

Bottom line: Eating less meat and more meat alternatives like dried beans bought in bulk can save you hundreds on your grocery bill.

For example, enough chicken to feed dinner to a hungry family of four costs around $15, while the beans for an equally filling meal cost under $2. Eating like this once a week saves over $650 a year.



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Metro Workology exclusive: Head to Toe

In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

What's Twitter?

According to a new study from Ipsos Reid, 74 per cent of Canadian Internet users are unaware of Twitter. Of those who are aware of the microblogging website, just six per cent reported having used it. At 32 per cent, Twitter awareness was the highest amongst 18- to 34-year-olds and 34 per cent of online Canadians with a university education know about the site. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Body, mind and spirit

Head to **Toe**

BRIAN COULTON
for Metro Canada

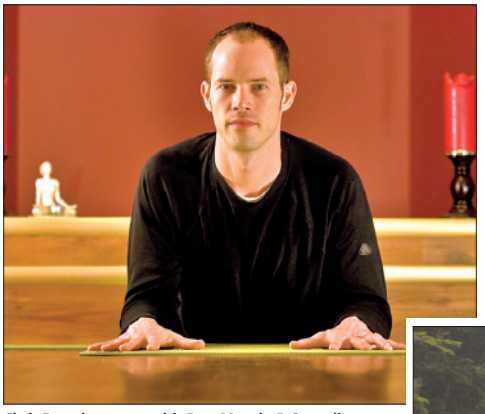
For seven years, Chris Dunphy sat behind a desk, giving people financial advice on behalf of RBC. Now, you'd be hard pressed to find him sitting at all.

"I thought I was more a part of the problem as opposed to part of the solution — giving people loans, credit lines, advising on their finances and watching their self-worth rise and fall with the value of their RSPs," he said on the phone from Port Moody, B.C.

Dunphy, 35, left the security of the institution, trading in dollars for downward dogs. Always athletic, and slowly realizing the limitations of an aging body, he decided to make a 180-degree career change and pursue yoga instruction.

"I found people were wrapped up in the material," he said. "Yoga gets you out of that and says all the rest of this stuff is just frills. If you can't be happy with yourself, no amount of frills is going to make you happy."

He shed excess, refinanced his home and opened Newport Yoga Studio in Port Moody in late 2006. Now, his studio offers 15 different kinds of yoga and pilates classes, taught by nine different instructors.



SHAUN MADIGAN PHOTOS

Chris Dunphy poses at his Port Moody, B.C. studio, upper left and right. To the right he is practising outside.

To become a certified teacher, Dunphy took an intensive 200-hour course at the Salt Spring Centre of Yoga on Salt Spring Island, B.C. Standards to become certified vary across regions.

But the international body Yoga Alliance outlines educational requirements necessary to be dubbed a registered yoga teacher (RYT) that include technique, teaching, anatomy and philosophy training over a 200- or 500-hour period.

"Once you get into yoga instruction, you're a yoga student for the rest of your life," said Dunphy.

From hatha yoga, which uses poses to promote flexibility and relieve stress to laughter yoga, which uses breathing exercises and chanting to stimulate laughter, Dunphy said there are dozens of styles to try out. "There are so many areas to continue to learn and grow in terms of teaching and practice."

One area he's grown in is the spiritual side of yoga. As yoga means "union" of the mind, body and spirit, it's separate from other modes of exercise that are usually bound solely to the body.

Admittedly far to the physical end of the yoga continuum when he started, Dunphy said he learned to embrace its other spheres, motivated by his passion to help others.

"I think one particular part of yoga grabs you and then from there you really start to investigate the other parts," he said. "You can take them as deep or as shallow as you really want to take it.

"That's the beauty of yoga — it's got something for everybody."

For more of the Head to Toe exclusive series check Workology frequently or stop by: metronews.ca/work

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Alberta med school grads receive top marks
The Class of 2007 of the University of Alberta's medical school earned the highest grades on a national qualifying exam, making it the first time a uAlberta class scored top marks on the test, administered by the Medical Council of Canada. METRO NEWS SERVICES

Lying on your resumé can lead to a dismissal

WorkplaceLaw

Daniel Lublin

Metronews.ca/workplacelaw

Too many employees operate under the delusion that minor lies on their resumés will not be uncovered or, if they are, will not matter. They may be mistaken. Studies reveal that resumé falsification is a common event. As many as 50 per cent of all resumés contain some degree of distortion — from white lies to outright whoppers.

While it is natural to expect that some form of embellishment on resumés will occur, there is a big difference between accentuating your strengths and creating new ones altogether. When it comes to full-blown lying on your resumé, the truth is that you can be fired.

When will lying on your resumé leave you looking for new work? Here are four legal points that the courts will consider:

- The false statement must be connected to the knowledge and qualifications the employer had in mind when recruiting you for the position. If the statement was about something completely unrelated to the position, you might be dishonest, but it may not be severe enough for a judge to consider it cause for dismissal.

- The content of the dishonest statements is important. Some false statements are actually viewed as less serious than others. For example, exaggerating your fluency in French, in most circumstances, won't be cause for termination, assuming that speaking French is not a specific requirement of that job. However, lying about having a specialized degree would probably be viewed as a serious workplace offence, considering that educational achievements are preferred considerations for most companies, regardless of the position being sought.

- The company must have relied on the statements you've made. In other words, if the company would not likely have hired you but for your dishonest statement, that conduct could justify your termination.

- The company's reliance on your false statement must have been reasonable. If your statement was entirely unbelievable to most people, yet your employer was wilfully blind or simply ignorant of obvious facts, it will have a more difficult time justifying the decision to terminate your employment after the fact.

Not every act of dishonesty justifies termination without notice.

Often, context can come before content and a mere error in judgment can be overlooked, especially if there were mitigating circumstances, or an otherwise valid explanation. When it comes to your resumé, however, it's best to stick to the truth.

"When it comes to your resumé, however, it's best to stick to the truth."

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@toronto-employmentlawyer.com.

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TECHNOLOGY CHANGES EVERYTHING
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A Fair (mont) deal in Boston

Through Sept. 7, Boston's The Fairmont Copley Plaza, in the historic Back Bay, and Fairmont Battery Wharf, on the waterfront, will offer Canadians a South of the Border Special, through which rates will be at par starting at $199; see fairmont.com. METRO NEWS SERVICES

Travel

Onboard entertainment

Luxury operator Silversea Cruises will launch a new ship, Silver Spirit, early next year, and to celebrate, the company is lining up celebrity guest speakers and other special events during the 20-country, 45-port inaugural voyage. On the leg beginning Feb. 20, 2010, from Buenos Aires to Santiago, beloved funnyman John Cleese will "share insights and anecdotes from his long career and entertain guests." See silversea.com. METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

Far from the madding crowd

These Greek islands offer a bit of quiet

ZOE KOSKINIDOU
Metro World News

Looking to escape the summer crowds in Greece's most popular island destinations? Zoe Koskinidou, gives us her insider tips on where the celebrities go when they want to find a secret paradise.

MARGARET RENDLE

The entrance to the port of Kastellorizo, which is among the smallest of the Greek islands.

Patmos

Why go: The island is dubbed the Jerusalem of the Aegean, because John the Evangelist wrote the Book of Revelations there in 95 AD. But visitors don't need to be religious to enjoy the island: Patmos, combines a laidback pace of life with lively nightlife.

What to see and do: The most important attraction here is the fortress-like monastery of St. John, built in 1088 by monk Christodoulos. Halfway between Chora and Scala, the island's port, there is the Grotto of the Apocalypse, where the manuscript was written.

Where to stay: Casteli Hotel, casteli.gr, by the beach of the port has rooms for 45-75 euros a night for a double room and Byzance Hotel, byzancehotel.gr, in Scala with room rates from 30 to 100 euros per room per night.

What to buy: Porcelain, crystal and silver items. Patmos is also famous for its elegant embroidery.

Where to eat: George's place at Cambos offers great Greek cuisine and is a great place for celebrity spotting. Try Kima at Aspri for fish dishes and a unique view.

Where to drink: for early drinks try Astivi in the town of Chora. After midnight, Casbah at the port town of Scala is a total must for visitors who really want to have fun, drink and dance all night long.

Celebrities on the island: David Bowie has a house in the island, and it's the favourite holiday spot of fashion designer Valentino.

Kastellorizo

Why go: This is one of the smallest Greek islands, located near the island of Rhodes and close to Turkey. Getting there involves a bit of a long journey, but the beauty of the place is ample reward.

Read more on page 21 ››

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Vacation planning
The results of a new TNS Canadian Facts survey called show more than half of Canadians are planning an out-of-town vacation in the coming 12 months, with an average of three such trips on the agenda. METRO NEWS SERVICES

MICHAEL TUREK/THE IMAGE BANK

SLOW IMAGES

Left, a view of cliffs and the sea on Paxos in the Ionian islands. Right, a terrace on Patmos, another of the Greek islands recommended by our correspondent.

›› Continued from page 16

What to see and do: The famous aqua-colored cave of Kastellorizo is a geological phenomena and one of the most amazing formations on earth — the island is worth visiting for this cave alone. It's situated south of the island and the entrance is the height of a small boat that can just pass through the mouth when the sea is calm at dawn.
Where to stay: Try the quiet rooms of Damien's and Monika's Pension (Tel. 0030 22460 49028).
What to buy: When in Kastellorizo you must buy katoumaria, a local sweet and strava, a sort of fried baklava filled with walnuts and spices.
Where to eat: There are several small taverns on the island. Wherever you go try seafood dishes and chickpea balls.
Where to drink: Although Kastellorizo is a very small island, you can find several bars to enjoy an early drink. Keep in mind that it is a quiet island, best suited for people who want to spend their vacations on the beach and have a great Greek dinner after a swim.
Celebrities on the island: Princess Caroline of Hanover (and Monaco) picked the remote island to spend her holidays with her family.

Paxos
Why to go: Forget Corfu and Kefalonia — Paxos is the place to be if you want to visit the Ionian islands. Paxos, the baby of that group, is actually a cluster of small islands and rocky islets, the largest of which are Paxos and Antipaxos. The capital of Paxos is Gaios, a picturesque village build around a port which is protected by two small islands, Agios Nikolaos and Panagitsa.
What to see and do: Visit Antipaxos and go to see the traditional vineyards. Another essential place to visit are the magical caves of Mogonissi.
What to buy: One of the main products of Paxos is olive oil. You can also buy excellent wine from Antipaxos' vineyards.
Where to stay: Villa Kastanida, is a beautifully restored farmhouse with private pool set amongst the olive groves. Or you can stay at Villa Lioniskari, a charming traditional villa situated on a headland at the entrance to Mogonissi Bay, just a short drive south of Gaios town.
Where to eat: Restaurant Mambo is perhaps the best restaurant in Gaios and a favourite with locals, who pack the outdoors terrace. Try tasting the chicken dishes, grilled squid and meatballs.
Where to drink: Paxos is an island best suited for the romantic souls of this world — you won't find it full of wild clubs and bars.
Celebrities on the island: Actors Albert Finney and Susannah York and the Italian Agnelli family, who run Fiat, are among those who have chosen Paxosfor their vacations.

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Extended battle

Initial signs point to a long, drawn-out legal battle in bankruptcy court for Extended Stay Hotels, the 680-property hotel chain bought in 2007 for $8 billion US by a firm little known to the industry at the time. REUTERS

Fish, environment bloom at Italy's Portofino park

The chic Italian seaside resort of Portofino may be known for its postcard-perfect views and celebrities, but deep underwater, the rich sea life is also claiming a name of its own.

The sea off the Ligurian coast hosts an underwater treasure trove of moray eels, grouper fish, bream, mullet, red starfish, hundreds of yellow cluster sea "daisies" and red coral adding bursts of colour against dark green algae-covered rocks.

In the last 10 years, since the Protected Marine Area of Portofino was founded, fish populations have grown as some activities became regulated or even banned, local officials, enviromentalists, fishermen and divers said.

DANIEL BRECKWOLDT

Villas line the coast near Portofino, Italy.

Although they said it was difficult to quantify, all noted a difference.

"Some fish that were not there before have now reappeared," said Giorgio Fanciulli, director of the marine protected area.

"For those that were caught through fishing when diving, something that's now banned, it means they have come back in significant numbers."

The 374-hectare (924.2 acres) protected area runs from the town of Camogli around the promontory of Portofino, where colourful houses huddle around its little harbour.

The area is divided into zone A, which no one can enter, and zones B and C, each with their own rules. Boats need to anchor in specific areas, scuba divers are limited in numbers in the 20 diving spots and sport fishermen need special permits. "There was a lot of opposition at first, because it was feared that everything would be forbidden. Now things have changed," Fanciulli said.

Simone Gambazza, a fisherman from the town of Camogli, said he had been wary of the protected area at first but has welcomed some of the rules. Gambazza and his colleagues practise fishing net techniques that go back centuries. "As fishermen, we are happier that we don't have boats crossing us at nights. Sometimes, they wouldn't have any lights on, or it would be people coming back drunk," he said. "Also the fish are less disturbed now."

The Portofino promontory has been known as diving spot for years. It even has a statue of Christ, 18 metres underwater.

"The quality of the dives has improved 100 percent," said Roberto Bacigalupi, who opened his B&B diving centre some 20 years ago. "Before you wouldn't see the grouper you see today."

There are 26 protected marine areas in Italy and only some have enjoyed major success like Portofino, Fanciulli said. REUTERS

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Top hotel mini-bars

Hotel minibars catering for a discerning type of guest are becoming more inventive with luxurious items such as Champagne cocktails and designer clothing found alongside the drinks and snacks. Men's website AskMen.com has come up with a list of some of the world's top hotel minibars:

1 W Retreat & Spa, Maldives The W Retreat & Spa has stocked its mini-bars with an unusual item — a bikini by luxury beachwear label Heidi Klein. Crafted in W's signature purple, the bikini is a limited edition sold only on-site and comes with silver hammered-chrome detailing. If the bikini provided doesn't fit, a Bikini Butler is on-hand to measure guests for the right size.

2 Trump International Hotel, Chicago Entrepreneur-cum-hotelier Donald Trump, who is a well-known teetotaller, has stocked the mini-fridges of his Chicago hotel with four hard-to-find waters — Welsh Tau, Australian Tasmanian Rain, 420, and Bling H20.

3 The Levin Hotel, London After a hard day of retail therapy in upscale Knightsbridge, unwind with a cocktail in your room with each suite installed with a Champagne cocktail minibar. Each fridge comes with half-bottles of Champagne, ingredients for mixing nine different Champagne cocktails and glasses in varying shapes and sizes.

4 The James Hotel, Chicago Here the mini-bar boasts 13 top-shelf liquors and a mixing kit that includes glass, strainer, tongs, spoon, and corkscrew. There's an extensive list of mixers, four varieties of eco-friendly water and snacks.

5 Gansevoort South, Miami The Gansevoort South has beefed up its mini-bar and modified its prices to enable guests to drink and eat in the comfort of their own suites. There's recession-friendly Dean & Deluca treats for just $3 US, 375 ml bottles of Grey Goose, Bacardi and Bombay Sapphire, a variety of mixers, and appropriate glasses.

6 XV Beacon, Boston Catering for jet-lagged guests, Boston's boutique hotel, XV Beacon, provides Sprayology in its mini-bar — an all-natural sleep enhancer for $24 that also purports to flush away urban toxins.

7 Mondrian Hotel, Los Angeles The minibars here contain an Alice in Wonderland Hand Mirror, designed by visionary Benjamin Noriega-Ortiz that is made from shatterproof acrylic. The retro-styled mirror costs $25 and is a perfect souvenir for guests. REUTERS

Britain could be getting some old rail lines back

More than 40 years since Dr Beeching broke the heart of train enthusiasts in Britain by slashing the rail network, plans have been lodged for a partial reversal of his cuts.

Train operators are pressing for a $800 million US expansion of the network to meet soaring demand for rail travel.

Fourteen lines in England and around 40 new stations have been identified in a report by the Association of Train Operating Companies (ATOC) which could serve more than a million extra passengers.

"This report has focused on schemes which could be delivered relatively quickly," said ATOC Chief Executive Michael Roberts.

It envisages short links to or new stations on existing lines, and using freight lines as well as railway land left by the line closures of the 1960s and '70s.

"Many past studies have looked at re-opening old railways, but this one looks first at the market, not the map," said Roberts in a statement.

"It starts with people, where they live and where they want to travel. The schemes identified in this paper as having a positive business case would provide access directly and indirectly for a million people not currently well served by rail."

In 1948, at the formation of British Railways, the rail network extended to 19,598 route miles and 6,685 stations.

But costs were high and in 1963 Dr Richard Beeching published an efficiency report which led to the network being cut by around a third.

For train enthusiasts, still mourning the looming demise of steam railways in favour of the new diesels, the loss of so many rural lines wending their way through spectacular countryside was a crushing blow. REUTERS

Mount Snowdon's tables back in business

WALES A new visitor centre has been opened at the top of Mount Snowdon in Wales, replacing an old cafe once dubbed "Britain's highest slum" by Prince Charles.

Perched 3,500 ft (1,067 metres) up, the imposing granite building offers spectacular views from the peak of the highest mountain in England and Wales. It was declared formally open by Rhodri Morgan, First Minister of Wales.

The old cafe was built 74 years ago and gradually became a sorry sight as the extreme weather conditions on the mountain took their toll. It eventually had to be demolished.

Construction of the new $14 million US centre took three years.

"All the materials and the labour had to be carried on the train and the train only operated in certain times of the year, between Easter and October," said Llinos Angharad, Communications Manager at the Snowdonian National Park Authority.

Over 350,000 people visit the area every year. REUTERS

Big spender
An engine deal from Abu Dhabi's Etihad Airways worth more than $5 billion US could be the biggest news to come from this week's Paris Air Show, where the global recession has frozen sales of planes from Airbus and Boeing Co. REUTERS

5 top tapas bars

Barcelona dishes up its take on tapas menu

The Catalan city of Barcelona is so popular with holidaymakers that it's hard to avoid falling into the trap of the ubiquitous tourist menu when you go out to eat.

Left, a menu and tapas dish at Tapaç24 in Barcelona.

Follow our guide, an exclusive extract from Time Out's new city guide to Barcelona, and you'll always strike lucky when you step out for tapas.

Comerç 24

"Tapas," says Michelin-starred chef Carles Abellan, "are one Spanish thing I really like." He's not talking about the Spain he lives in, he's talking about the other Spain, the Spain that does not include Catalonia.

This passionately felt divide is one of the reasons that tapas bars in Barcelona tend to be oriented to tourism, where they exist at all. They are simply not seen as Catalan enough.

Abellan set about to change all that a few years ago, with his übercool Comerç 24. Often described by international press as an "avant-garde tapas restaurant," in fact it serves platillos, small dishes of which the diner can order several.

These are inspired by Abellan's time in the kitchens of El Bulli, under experimental chef Ferran Adrià, and bear little resemblance to the ham croquettes and patatas bravas to which he refers.

His newer venture, Tapaç 24 redresses the balance; an old-school bar, serving traditional tapas of excellent quality. Among the lentils with chorizo and cod croquettes, however, his fans will also find playful snacks more in keeping with his previous style. The McFoie Burger is an exercise in fast-food heaven, as is the Bikini — a small version of his signature take on the ham and cheese toastie, this one with truffle.

• Comerç 24, C/Diputacio 269, Metro Passeig de Gracia Open 9 a.m.-midnight Mon.-Sat.; carlesabellan.com.

Quimet I Quimet

Packed to the rafters with dusty bottles of wine, this classic but minuscule bar makes up for in tapas what it lacks in space. The specialities are conservas (shellfish preserved in tins), which aren't always to non-Spanish tastes, but montaditos, sculpted tapas served on bread, are spectacular. Try salmon sashimi with cream cheese, honey and soy, or cod passata and black olive pate. Get there early for any chance of a surface on which to put your drink.

• Quimet I Quimet, C/Poeta Cabanyes 25, Metro Parallel. Open noon-4 p.m., 7-10:30 p.m. Mon.-Fri.; noon-4 p.m. Sat.; closed Aug.

Inopia

Inopia opened by Albert Adrià a couple of years ago, and it's been rammed ever since.

As with Tapaç24, the emphasis has been on a revival of old techniques and recipes, using the best ingredients.

Intopia's stark, overlit look and awkwardly L-shaped room, along with a determinedly straightforward approach was initially a disappointment for those expecting El-Bulli style culinary fireworks, but has since won over the public with a slavish devotion to finding the best-quality produce and meticulous care in its preparation.

• Inopia, C/Tamarit 104, Metro Poble Sec. Open 7-11 p.m., Mon.-Fri.: 1-3:30 p.m., 7-11 p.m. Sat.; closed Aug. barinopia.com.

Bar Celta

Bar Celta unapologetically '60s interior is fiercely lit, noisy and not recommended for anyone feeling a bit rough. It is, however, one of the more authentic experiences to be had in the Gòtic. A Galician tapas bar, it specialises in food from the region, such as lacón con grelos (boiled gammon with turnip tops) and good seafood, accompanied by crisp Albariño wine served in traditional white ceramic bowls. A characterful place.

• Bar Celta, C/Mercè 16, Metro Drassanes. Open noon-midnight Tues-Sun.

Euskal Etxea

This is a Basque cultural centre and the best of the city's many pintxo bars. Help yourself to dainty jamón serrano croissants, chicken tempura with saffron mayonnaise, melted provolone with mango and crispy ham, or a mini-brochette of pork, but hang on to the toothpicks spearing each one: they'll be counted and charged for at the end.

• Euskal Etxea, Placeta Montcada 103, Metro Barcelona or Jaume I. Open bar 7 p.m.-midnight Mon; noon-5 p.m., 7 p.m.-midnight Tue.-Sat. Restaurant 8:30-11:30 p.m. Mon.; 1:30-4 p.m., 8:30-11:30 p.m. Tue.-Sat. METRO NEWS SERVICES

GREG GLADMAN/TIME OUT GUIDES
A chalkboard lists the offerings at a Barcelona tapas bar.

The redesigned Barcelona city guide from Time Out is available from all good bookshops and timeout.com.

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Car entertainment most desired: Study

Among consumers who plan to purchase a vehicle in the near future, select entertainment- and connectivity-related features are among the most desired technologies for their consideration, according to a recent J.D. Power and Associates study. METRO NEWS SERVICES

Metro Drive

Students with a Vue

A student team from the University of Victoria placed second in the 2009 EcoCAR Challenge, Canadian Driver reports. The competition focused on improving fuel efficiency in a 2009 Saturn Vue while retaining the car's performance and appeal. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Kia dreams big with Forte

Stylish compact replaces Spectra

LORNE DRURY
for Metro Canada

2010 Kia Forte

Type: Four-door compact sedan
Price: $15,695 to $22,195
Engine: 2.0-litre I-4 engine (156 hp, 144 lb/ft); 2.4-litre I-4 engine (173 hp, 168 lb/ft)

Highlights

- Affordable
- Bluetooth in all models
- Improved, roomy design

The 2010 Kia Forte replaces the Spectra in the lineup and brings new styling pizzazz.

Building compact, economical cars has been Kia's forte over the years and for 2010 the Korean manufacturer has added a new Forte to its sales arsenal.

The 2010 Kia Forte replaces the Spectra in the Kia lineup and brings a touch of styling pizzazz that is gradually evolving for Kia, as it becomes more of a global player in the automotive marketplace.

Kia has an ambitious goal to be the "design choice brand without high product pricing" and the Forte is a great example of the current philosophy.

While not an in-your-face design, it is clean and attractive and a worthy challenger for the class leaders, Honda Civic, Toyota Corolla and Mazda3.

This is an extremely important vehicle for Kia in the most competitive class in the Canadian market. In fact, six of the top 10 cars sold in Canada compete directly with the Forte. And almost 50 per cent of all cars sold in this country are compact models, with the Civic, Corolla and Mazda3 accounting for about 40 per cent of that total.

Heavy competition indeed, but Kia has high hopes for the Forte, a five-passenger sedan, starting at $15,695.

Available in three trim levels, the Forte has one of the roomiest interiors in its class. Built on an entirely new platform, the Forte has a longer wheelbase than the outgoing Spectra, which allowed engineers to increase the size of the interior package with room for five adults. The longer wheelbase also improves driving dynamics, while wider front and rear tracks increase stability on the road.

Trunk space is also up 17 per cent compared with the Spectra to 415 litres, the largest trunk capacity in its class.

Two brand new engines power the Forte. The LX and EX get a 2.0-litre DOHC in-line four-cylinder, producing 157 hp and 144 lb/ft of torque. The top-of-the-line SX has a 2.4-litre in-line four-cylinder engine, with 174 hp and 169 lb/ft of torque. Standard on the LX and EX is a five-speed manual transmission or an optional four-speed automatic. The SX gets a standard six-speed manual or an optional five-speed automatic with Sportmatic sequential manual shift.

Even at the entry level, the Forte is well equipped with six airbags (dual front, dual front side and dual curtain), four-wheel disc brakes, ABS, power windows/locks/heated mirrors, steering wheel-mounted audio controls and a four-speaker AM/FM/CD/MP3 audio system with auxiliary and USB input ports.

Fuel economy is impressive— 8.3L/100 km (34 mpg) city and 5.8L/100 km (49 mpg) highway with the manual transmission and 8.1/5.8L/100 km (35/49 mpg) with the automatic.

Ride and handling was good for a compact, offering a significant improvement over the outgoing Spectra.

In one of Ford's unusual tests to improve car safety, a lab robot repeatedly pushes a shopping cart loaded with a 110-pound weight into the vehicle doors at 10 miles per hour.

Ford takes on shopping carts

SAFETY Ford Motor Company has ushered in new, extreme tests — such as ramming shopping carts into car doors and blasting water cannons to force vehicles into skids — to fine tune new safety technologies.

"These novel tests may seem over the top, but they're part of a serious testing regimen that Ford had to invent, because increasingly sophisticated technologies require more advanced testing," said Sue Cischke, group vice-president, Ford sustainability, environment and safety engineering. "We will continue to build on our safety leadership with advanced safety technologies that help enhance crash protection or even help customers avoid accidents."

Ford engineers conduct unusual "crash" tests to take thousands of impact readings that help calibrate the sensitivity of new air bag pressure sensors being introduced on the new 2009 F-150 and 2010 Taurus.

Engineers, however, were concerned that everyday mishaps — such as shopping cart collisions in parking lots or errant basketballs from children — could trick the new sensors that now help predict crash forces before the full impact occurs.

FROM CARGUIDE

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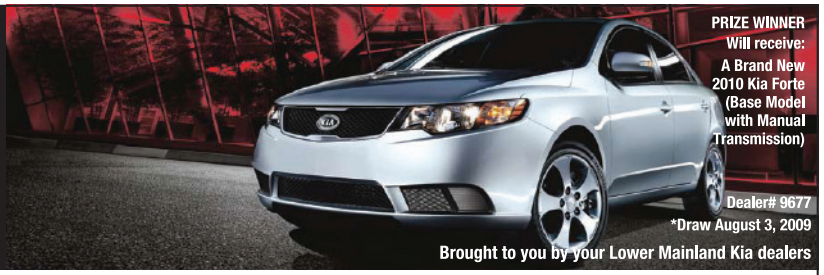

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New baby for Carnie Wilson
Carnie Wilson has added to her brood. The singer and game show host gave birth to a healthy baby girl on Friday at Cedars-Sinai Medical Center in Los Angeles, her manager Mickey Shapiro confirms. PEOPLE.COM

Entertainment

Wanted sign
Angelina Jolie is set to star in Wanted 2. Work is currently under way on the sequel, and while her character died in the first movie, the director hopes to bring her back.
FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Golden Girl says 'yes'

The Proposal's Betty White keeping busy at age 87

NED EHRBAR
Metro World News

Before we even get started with our interview, Betty White wants to make one thing clear: She loves Canadians. Absolutely adores them. "I wish Americans could take manners lessons from them. They are so nice," she gushes. "We get some rather rude, hurried people here sometimes."

Best known for her iconic roles on The Golden Girls and The Mary Tyler Moore Show, 87-year-old White is still quite active professionally, making regular guest appearances on The Late Late Show with Craig Ferguson and Boston Legal, and game shows like Million Dollar Password.

She's also been popping up in scene-stealing roles in films like the upcoming The Proposal, with Sandra Bullock and Ryan Reynolds.

With another project co-starring Sigourney Weaver and Jamie Lee Curtis about to start, the word "retirement" doesn't even register for White — though she has earned the luxury of being picky.

"They send me scripts, and some of them are not what you might call wonderful," she confides.

The Proposal hits theatres this Friday

Movie **feature**

To most, though, White will always be Rose Nyland, the naive Minnesota native sharing a house with three friends in The Golden Girls. The recent passing of co-stars Estelle Getty and Bea Arthur has only bolstered the show's popularity.

And the outpouring of support after Arthur lost her battle to cancer earlier this year offered some comfort to the grieving White. "She meant so much to so many people. It was heartening to see how much they rallied."

Saying goodbye, especially so soon after Getty passed away, was tough but necessary. "We had to let her go. She was so sick," White says. "She was in terrible trouble, pain-wise. And the morphine couldn't reach it. But she was someone special."

White says she's been keeping in touch even more these days with Rue McClanahan, the other surviving Golden Girl. "We've been clinging to each other ever since losing Estelle and losing Bea. We want to be together," White says. "You can't work that closely and not get terribly involved personally."

The word "retirement" doesn't even register for Betty White, left, who can be seen next in The Proposal with Sandra Bullock.

Another comfort has been the continuing popularity of the series, which still confounds White to some degree.

"When the DVD came out, I thought who's going to watch it? We're on four times a day. They know the lines better than we ever did," White jokes. "But sure enough, the DVD keeps selling all over the world. I hear from Finland, Bangladesh, Sri Lanka. Will you explain to me what people see in old broads in Sri Lanka?"

Probably the same thing they do in Canada.

Didon latest Model victim

REALITY TV A penchant for holding back kept Tara Didon, 19, from moving forward as she was eliminated from Canada's Next Top Model last night.

The tall, lean model from Chateauguay, Que., had been frequently told by judges she had the best body of all the girls in the, but was lacking something in her pictures.

Last night's episode saw the final seven models deal with stage-fright and pronunciation issues as they tried to do a television ad, with real-life supermodel Irina Lazareanu looking on for moral support. Confused faces and butchered designer names abounded, but Heather managed to project some personality to win the challenge.

METRO NEWS SERVICES

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

6/17/09 primetime

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Dragon's Den (CC)		Sneaker Confidential (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Psych "Daredevils!" (N) (CC)		D. Richards	Kendra (N)	Kardashians	Candy Girls	News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance Top 18 dancers perform. (N)				CSI: NY "Dead Inside" (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Stargate SG-1		Third Watch "Exposing Faith"		Scrubs (CC)	Buddhism	New Day
	252	336	11 GTV	Entertainment	ET Canada	Wipeout (N) (CC)		In Plain Sight (CC)		(:01) The Unusuals (CC)		News (N)
	256	389	12 VI	The Road to Avonlea		Old Christine	Gary Unmarr	Law & Order (CC)		Law & Order "Anchors Away"		News (N)
	253	359	13 CITY	Law & Order: SVU		Goode Family	Surviving Sub.	Japanese Game Show		Murdoch Mysteries		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	America's Next Top Model		Hitched or Ditched (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds "Soul Mates"		CSI: NY "Dead Inside" (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	I'm a Celebrity, Get Me Out.		Oh Baby! What Parents		Law & Order "Anchors Away"		News (N)
	602	568	19 W	How Clean	Friends (CC)	Grocery	Grocery	Love It or List It		House	Maxed Out	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (N) (CC)		Japanese Game Show		(:01) The Unusuals (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Support Your Local Gunfighter ★★★ (1971) James Garner.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Celtic Thunder: Take Me Home (CC)				The Big Band Years				Suze Orman
	290	382	23 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance Top 18 dancers perform. (N)				News (N) (CC)		Family Guy
	-	364	26 PBS	(6:00) Great Performances (N) (CC)			Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Great Performances (CC)	
	296	654	24 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Radio of '70s	Family Court	Paid Program
	298	653	66 TLA	Two/Half Men	Two/Half Men	America's Next Top Model		Hitched or Ditched (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Dsaw
	199	311	68 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	28 NW	Royal Riders (CC)		CBC News: The National (N)		CBC News: The National		Royal Riders (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Seattle Mariners at San Diego Padres. (Subject to Blackout)					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	Boxing Chad Dawson vs. Antonio Tarver. (CC)				SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures "Canada" (CC)		Survivorman (CC)		Bounty Hunter	Bounty Hunter	Departures
	410	403	24 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Wrecked	Wrecked	Pimp My Ride	Pass Time	Thunder	Pinks Out	Pinks	Pass Time	Wrecked
	416	409	144 GLF	Fútbol		Preview Show	Fútbol MLS		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	In Real Life Wrangle alligators.		Malcolm-Mid.	Futurama	Survive This	Adrenaline	Falcon Beach "Tidal" (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	Father	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	The Lynching of Louie Sam		Lai Man		The Art of Piano (CC)		The Art of Piano (CC)		Montreal Jazz
	575	583	20 CMT	CMT Music Awards 2009					Home Imp.	Home Imp.	Home Imp.	Music Awards
	570	580	42 MM	Video on Trial	Technical Diff.	One Tree Hill (CC)		Video on Trial	Video on Trial	MMVA 09 Sneak Peek		Spotlight
	600	564	43 H&G	House	House	Holmes	Holmes	Hid Potential	Unsellable	City	The Stagers	House
	615	520	61 A&E	Tattoo High.	Tattoo High.	Hammertime	Hammertime	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter (CC)		Tattoo High.
	628	584	62 SPKE	The Ultimate Fighter (N)		The Ultimate Fighter		CSI: Crime Scene Invstgtn.		Prisoners Out of Control		Riots-Control
	521	560	21 TLC	My First Home	My First Home	World's Tallest Children		Mystery Diagnosis (CC)		My First Home	My First Home	Shocking
	616	522	63 SHO	Outer Limits Series highlights.		The Guard (CC)		The Party Never Stops (2007, Drama) Sara Paxton. (CC)				House (CC)
	620	523	70 BVO	Opera	Broadway	Law & Order "Corner Office"		Without a Trace "Trip Box"		The Purple Rose of Cairo ★★★ (1985) (CC)		
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Til Debt-Part	Real Housewives NYC		Trading Spouses		Biggest Loser
	520	505	42 DIS	Mayday "Cruel Skies" (N)		Daily Planet (CC)		Mayday "Cruel Skies" (CC)		Treasure Quest (CC)		Deadliest
	522	506	44 HIS	NCIS "Frame-Up" (CC)		Cities of the Underworld		Ice Road Truckers (CC)		NCIS "Frame-Up" (CC)		Sea Hunters
	627	528	45 SPC	Stormworld	Grand Star	Stargate SG-1 "Chimera"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	Meet-Browns	Meet-Browns	HawthoRNe "Pilot" (CC)		Sex and-City	Sex and-City	The Great Outdoors ★★ (1988) Dan Aykroyd.		
	619	525	48 TROP	The Crow: Stairway to Heaven		What	What	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Dear Food Network Bahamas.		Opening Soon	Opening Soon	Unwrapped	Unwrapped	Diner, Drive-In	Diner, Drive-In	Dear Food
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Jon Dore	Tosh.0 (N)	Daily Show
	320	621	30 CEN	(6:30) Just Business (2008)		Real Time (2008) Randy Quaid. Premiere. (CC)			Rush Hour 3 ★ (2007) Jackie Chan. (CC)			Perfect Hol.
	581	566	101 MTV	True Life Pornography. (CC)		MTV Live	After	True Love	The X Effect	True Life Pornography. (CC)		MTV Live
	261	394	102 V	Driven, Vision	Supernatural	Poltergeist: The Legacy		La Bamba ★★★ (1987) Lou Diamond Phillips. (CC)				Paid Program
	-	-	103 MUL	Eight Heroes	Kingdom-Wind	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Travel TV	Patrol World

critics'corner

Criminal Minds
We're really hoping for a crossover episode with "Real Housewives of Atlanta" but we're not holding our breath. David (Joe Mantegna) and the BAU suspect a member of an affluent community in Atlanta is responsible for the disappearance of a young resident and that the suspect may have worked with an accomplice in "Soul Mates." 9 PM on CBS

Gary Unmarried
Hoping to prove to daughter Louise (Kathryn Newton) that he isn't a shallow jerk who only dates beauties, Gary (Jay Mohr) makes a date with her favorite teacher, who's less attractive than the women he usually goes out with. There's just one problem: He already asked out another, smoking-hot teacher as well. Paula Marshall and Ryan Malgarini also star in "Gary Dates Louise's Teacher." 8:30 PM on CBS VI

Kate the chain-smoker

Kate Moss keeps 100 cigarettes nearby at all times, femalefirst.co.uk reports. The supermodel loves smoking so much she reportedly makes her personal assistant leave a packet of her favourite Marlboro Lights on every table in her home before she goes to bed. METRO NEWS SERVICES

Celebrity Buzz

Sex vid part of smear tactic?

NEGATIVE PR Just one month after nude photographs allegedly featuring Rihanna hit the Internet, the singer looks to be facing a sex tape scandal.

A preview for a video supposedly featuring the singer and ex-boyfriend Chris Brown has surfaced, according to Hollyscoop, and the full video is said to be coming out June 22 — the same day as Brown's hearing in his assault case.

GETTY IMAGES

METRO WORLD NEWS

Long-distance mama Madonna

PARENTHOOD Madonna does on her newly adopted daughter Mercy James and calls her every night, femalefirst.co.uk reports.

The singer, who won her appeal to adopt the four-year-old Malawian last Friday and has since moved the toddler to a luxury lodge in the country's capital, Lilongwe, told Mercy on Sunday: "Mommy is waiting for you across the seas."

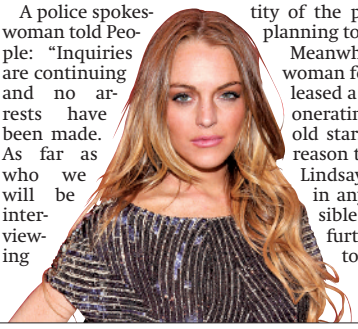
METRO NEWS SERVICES

Lindsay the jewel thief?

SUSPECT She may have been the last one seen wearing them, but did Lindsay Lohan steal $400,000 US worth of Dior jewels from her Elle photo shoot?

Under investigation by Scotland Yard, the disappearance of a set of diamond earrings and a necklace was reported on June 8. The baubles were on loan for a June 6 magazine shoot, people.com reports.

"We inquired and everyone from the shoot is being questioned," Lohan's rep told People. "Hair, makeup, stylist ... even photographers. Lindsay hopes they find the jewels. She is happy to co-operate."



A police spokeswoman told People: "Inquiries are continuing and no arrests have been made. As far as who we will be interviewing — we will be speaking to a number of people in connection with the inquiry and don't discuss the identity of the people we are planning to interview."

Meanwhile, a spokeswoman for Elle U.K. released a statement exonerating the 22-year-old star. "Elle has no reason to believe that Lindsay Lohan was in any way responsible and has no further comment to make."

METRO NEWS SERVICES

Voice mail scandal made me suicidal: Alec

BIG MISTAKE It was a voice mail message meant to be private — Alec Baldwin's April 2007 tirade against his daughter, Ireland, accusing the then-11-year-old of being a "rude little pig" who needed to have her "ass straightened out" after she had "humiliated me for the last time."

Now, the star admits in a candid interview with Playboy he contemplated killing himself after the message was exposed, people.com reports. At the time, he and his ex-wife, Kim Basinger, were in the sixth year of their bitter custody battle.

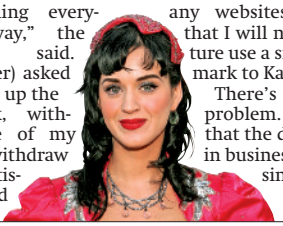
Describing his dark thoughts as "very serious," the 51-year-old said, "If I committed suicide, (Kim Basinger's side) would have considered that a victory. Destroying me was their avowed goal."

METRO NEWS SERVICES

Katy bullying her fashion name twin?

FAME GETTING TO HEAD? Singer Katy Perry is making life difficult for fashion designer Katie Perry, suing her and demanding she change her name.

"It really felt like I was being intimidated and bullied into signing everything away," the Australian said. "(The letter) asked me to give up the trademark, withdraw sale of my clothes, withdraw any advertising and any websites and sign that I will not in the future use a similar trademark to Katy Perry."



There's only one problem. It appears that the designer was in business before the singer.

METRO WORLD NEWS

Living in Jodie's shadow

MINI-ME Evan Rachel Wood didn't know whether to "kiss or punch" Jodie Foster when they met to discuss her role in forthcoming film Flora Plum — because she blames the Oscar winner for a childhood trauma, femalefirst.co.uk reports.

As a child, Wood was pushed to emulate the actress' career by her mother, who was obsessed with the Oscar winner. The 21-year-old even attended the same schools and learned to speak French — like her mom's idol — so Wood found meeting Foster in person an odd experience.

She told the New York Daily News, "I had to sit my mom down one day and look at her and say, 'I'm not Jodie Foster. I'm me, and that's who I'm going to be. OK?'

"I actually got to sit down with Jodie and I thought, 'Not that this is a bad thing, but you've haunted me my entire life. I don't know whether to kiss you or punch you.'

"But she was amazing. If I could pick anyone to have a conversation with or ask advice from, it would be her. I wept going to sleep the night before, and I wept waiting for her at the restaurant. It was a big deal for me."

METRO NEWS SERVICES

Speidi lash out at Al

B-LIST Heidi and Spencer Pratt are upset that Al Roker chastised them on Monday's Today show, usmagazine.com reports.

"People keep on referring to this weatherman like I'm supposed to know who he is," Spencer tells usmagazine.com hours after Roker — whom the Hills star admits he thought was just a fan from off the street — told him people think he acts like a jerk.

Spencer's wife Heidi thought Roker went too far when asking if she was proud of her behaviour on NBC's I'm a Celebrity... Get Me Out of Here.

"This weather guy was definitely out of line, and he should stick to predicting cloudy days," Heidi told Us. "Maybe someone rained on his little parade today."

Heidi, who complained that Roker didn't thank them after the interview and made her cry after personally attacking her, says he should learn some manners.

METRO NEWS SERVICES

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Fran Chelico
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Janet Rerecich
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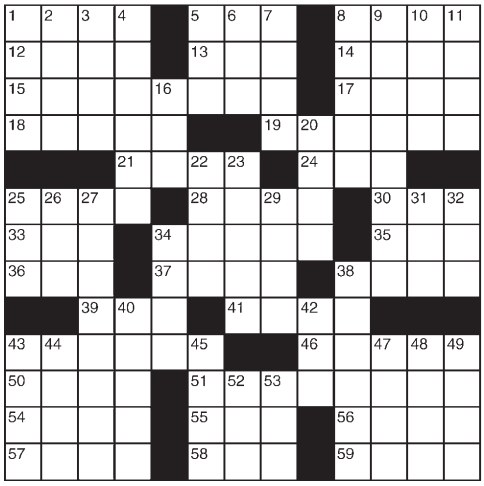
Take Five



Crossword across

1 Snare
5 Wager
8 Blue material?
12 Apiece
13 Jamie Foxx biopic
14 Christmas tree, often
15 Labyrinth beast
17 Initial stake
18 Military freshman
19 Choice
21 The same, in a bibliography
24 In medias —
25 Cougar
28 Passport endorsement
30 AAA job
33 — Lanka
34 Flavoured like some mouthwash
35 Regret
36 B&B
37 "Born Free" lioness
38 Memory unit
39 "Caught ya!"
41 Dandling site
43 Disciplinarian's stick
46 Shoppers' meccas
50 State with conviction
51 Tiny details
54 Examines fully
55 "— Got a Secret"
56 PC symbol
57 Formerly, formerly
58 Caustic solution
59 Criterion

Crossword down

1 Office part-timer
2 Bar
3 Dermatologist's case
4 Fear, plus
5 Lingerie item
6 Cologne-label word
7 Novice
8 Sudden onrush
9 Government department
10 "Do — others ..."
11 3-Down sufferer, usually
16 Sen. Kennedy
20 Entreat
22 Mephistophelean doings
23 Capital of Belarus
25 Omega preceder
26 Coffee vessel
27 Mosque towers
29 Ollie's pal
31 Ump's call
32 Itty-bitty
34 Repast
38 Michael Jackson hit
40 "Imitation of Life" author Fannie
42 Outback bird
43 Top choice, for short
44 Always
45 Jannings of silents
47 Grown-up nits
48 Cambodia neighbor
49 Faxed
52 Wall climber
53 Born

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

7				2		3		
1					4	7		6
			5			8		
		1	6		3	9		2
2		8	4		7	1		
		4			5			
8		5	3					1
		6		9				7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

L	I	S	P	■	A	D	A	■
O	S	H	A	■	G	E	M	■
S	O	Y	S	A	U	C	E	■
■	■	■	S	H	E	■	T	R
S	A	M	B	A	■	P	H	A
C	L	O	Y	■	R	O	Y	C
A	S	P	■	M	O	P	S	Y
B	O	Y	S	C	O	U	T	■
■	■	■	C	A	M	P	■	S
T	H	R	O	N	E	■	L	O
B	I	E	R	■	T	O	Y	S
S	Y	N	C	■	T	W	O	■
P	A	T	H	■	E	E	N	■

S	T	E	M	■	8	2	6	4	7	3	9	5	1
H	O	P	E	■	7	1	5	8	6	9	4	3	2
T	W	I	T	■	9	4	3	2	1	5	6	7	8
T	R	E	N	C	H	5	3	2	9	8	6	7	1	4
P	H	A	T	■	■	4	8	7	5	2	1	3	6	9
R	O	Y	C	L	A	R	K	1	6	9	3	4	7	2	8	5
W	E	E	■	■	■	6	5	8	7	9	2	1	4	3
R	O	D	E	■	■	2	7	4	1	3	8	5	9	6
S	A	L	O	N	■	3	9	1	6	5	4	8	2	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Beef Salad with Lentils

INGREDIENTS:
1 tbsp (15 ml) whole–grain mustard
6 tbsp (90 ml) olive oil
generous pinch of ground black pepper
2 beef steaks (about 1 lb/500 g in total)
1 cup (250 ml) green lentils
1 small sprig rosemary
1 1/4 cup (300 ml) low-sodium beef stock
2 medium carrots, diced
1/2 tsp (2 ml) salt
freshly ground black pepper
3 tbsp (45 ml) red wine vinegar
1 tbsp (15 ml) chopped fresh thyme leaves
4 tbsp (60 ml) whipping cream
2 tsp (10 ml) creamy horseradish sauce
100 g (4 oz) lamb's lettuce
3 tbsp (45 ml) finely chopped chives

METHOD:
1. Combine mustard, 1 tbsp (15 ml) oil and pepper. Rub steaks with mixture. Cover and chill until ready to cook. Place lentils, rosemary and stock in pot. Bring to boil, uncovered. Cover, cook lentils over low heat 20 minutes. Add carrots; cook another 10 minutes. Remove pot from heat. Leave lentils and carrots to cool in cooking liquid. Remove rosemary. Add 1/2 tsp (2 ml) salt.
2. Heat 1 tbsp (15 ml) oil in nonstick frying pan over medium–high heat. Add steaks; cook 3 to 5 minutes each side. Remove from pan, wrap in aluminum foil.
3. Whisk remaining 4 tbsp (60 ml) oil and 2 tbsp (25 ml) vinegar in medium bowl. Add salt and pepper to taste. Drain lentils and carrots from pot and add to bowl. Stir in thyme. Whip cream in small bowl until stiff; fold in horseradish sauce.
4. Slice steaks thinly and add any juices from meat to lentil mixture. Add remaining 1 tbsp (15 ml) vinegar and salt and pepper to taste. Place lentil mixture on serving plates with mâche. Add meat, top with little horseradish cream mixture and sprinkle with chives. Serve remaining horseradish cream mixture separately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Life is good and getting better by the moment and if you steer clear of depressing people there is no limit to how high your spirit can soar.

TAURUS
APRIL 21-MAY 21
Today's Sun-Neptune link-up will encourage you to be generous with your time and your energy, and maybe your money too.

GEMINI
MAY 22-JUNE 21
Even if you are one of those rare Geminis who prefers to stick with the old way of doing things you will be in an adventurous mood today.

CANCER
JUNE 22-JULY 22
You may not be one for confrontation but if someone tries to take liberties today you must come down on them hard.

LEO
JULY 23-AUG 23
The Sun in Gemini at this time of year brings all sorts of new and interesting people into your social orbit and someone today will be important.

VIRGO
AUG 24-SEPT 22
Make sure that your employer and any other important people you have dealings with know who you are and what you can do.

LIBRA
SEPT 23-OCT 23
Someone you meet at a charity event will become a good friend over the next few weeks and they will open your mind to new possibilities.

SCORPIO
OCT 24-NOV 22
Sometimes you are happy to let fate take its course and sometimes you like to hurry things along a little. Today it will be a mixture of both.

SAGITTARIUS
NOV 23-DEC 21
There are so many good things going on in your life that you feel you ought to show your appreciation in some way. Give generously. You can afford it.

CAPRICORN
DEC 22-JAN 20
You are no stranger to effort but at some point today you will realize that the more you put into a situation the less you get out.

AQUARIUS
JAN 21-FEB 18
With the Sun in the most dynamic area of your chart over the next 24 hours this is unlikely to be just another day.

PISCES
FEB 19-MARCH 20
Uranus in your birth sign is liable to be rather disruptive today but nothing will happen that you cannot handle.

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BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Yours truly rides in a jet (1)
2. One and only newborn horse (1)
3. Busted an oxen harness (1)
4. Actor Kevin, meet actor William H. (2)
5. Bank clerk in a basement (2)
6. Make WWII General George less skinny (2)
7. Ponzi schemer Madoff's long trips (2)

ANSWERS
1. I FLY 2. SOLE FOAL 3. BROKE YOKE 4. SPACEY MACY 5. CELLAR TELLER 6. FATTEN PATTON 7. BERNIES JOURNEYS

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ADVERTISING FEATURE

Canada's Economic Action Plan: 80% Already Underway

Canada's Economic Action Plan is well underway. That's the message contained in a new Report to Canadians by the Federal Government.

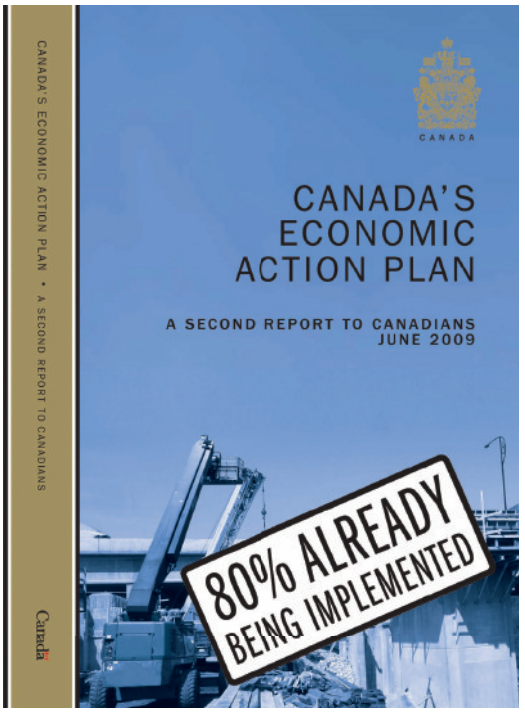
The report shows that 80% of economic stimulus is already being implemented and thousands of initiatives are taking shape across the country. This unprecedented action by the Federal Government is designed to help protect Canadians from the global recession that continues to affect countries around the world.

"The federal stimulus package (is) timely, appropriately sized, diversified and well structured..."

- International Monetary Fund

Top international economic organizations have been clear in citing Canada as one of the countries that has been less affected than others by the global crisis. Experts at the International Monetary Fund (IMF) noted, "the financial strains evident elsewhere are markedly less serious in Canada."

These same experts at the IMF have also been positive in their assessment of the Federal Government's Economic Action Plan, concluding that "the federal stimulus package (is) timely, appropriately sized, structured, with steps to facilitate labor reallocation and protect the vulnerable."



In a nutshell, the Economic Action Plan encourages consumer and business spending by cutting taxes and improving access to financing. It creates jobs and promotes growth by investing in infrastructure. It assists unemployed Canadians by extending employment insurance benefits and funding skills training. And it helps build the economy of tomorrow by improving infrastructure at colleges and universities, while investing in research and technology.

With this Economic Action Plan, the Federal Government has also shown clear accountability by creating a government website, www.actionplan.gc.ca, that identifies the Action Plan benefits and programs available to Canadian families and businesses. These include benefits for home owners and home buyers, such as incentives for home renovation and first time home buyers.

Due in no small part to the action taken by the Federal Government, Canada is predicted to be amongst the first to emerge from this economic crisis. The Organisation for Economic Co-operation and Development has in fact predicted that Canada will lead the recovery among G7 nations in 2010.

CANADA'S ECONOMIC ACTION PLAN

Canada

IMPORTANT INFORMATION

TAX CUTS AND BENEFITS FOR YOU

The Federal Government's Economic Action Plan is underway.
80% of stimulus measures are already being implemented.

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- Infrastructure Spending to Create Jobs
- Green Investments in Clean Energy Research and Technology

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